

## Banana Walnut Oatmeal Squares



Servings:

**9**

Prep Time:

**5 minutes**

Cook Time:

**30 minutes**

### Ingredients

- 2 cups **Old Fashioned Oats**
- 2 tsp **Ground Cinnamon**
- 1 tsp **Baking Powder**
- ½ tsp **Salt**
- ¼ tsp **Nutmeg**
- 2 cups **Milk of Choice**
- 1 cup **Mashed Banana**
- ¼ cup **Maple Syrup**
- 1 tsp **Vanilla Extract**
- 3 tbsp **Melted Butter**
- ½ cup **Toasted Walnuts**, chopped

### Method of Preparation

#### Step 1

Preheat oven to 350°F. Lightly spray baking dish with pan release.

On a sheet pan, toast walnuts for approx. 5 minutes. Remove from oven and let cool.

#### Step 2

Mix oats, cinnamon, baking powder, salt and nutmeg together in a bowl.

#### Step 3

In a separate bowl whisk milk, mashed banana, maple syrup, vanilla and butter together.

#### Step 4

Add wet ingredients to the dry ingredients. Mix well.

#### Step 5

Pour into baking pan.

Bake for 30-35 minutes. Remove from oven and top with chopped walnuts.