

## Pumpkin Baked Oatmeal with Bananas

Cooler weather often leads to cravings for warm comfort food. This baked oatmeal is not only comforting, but it is also loaded with flavor and nutrition! Pumpkin is a superfood that contains several different nutrients, including potassium, iron and vitamins A, C, B2 and E. Start your day off right with this delicious recipe!

### Ingredients

(Makes 6 servings)

- 3 medium ripe bananas, sliced into ½" pieces
- 1 cup canned pumpkin
- 1 tbsp honey
- 3 tbsp brown sugar
- 1 cup uncooked quick oats
- ¼ cup chopped pecans
- ½ teaspoon baking powder
- ¾ teaspoon cinnamon
- 1 ½ teaspoon pumpkin pie spice
- ¼ teaspoon nutmeg
- Pinch of salt
- 1 cup milk (regular or alternative)
- 1 egg
- 1 teaspoon vanilla extract

### Directions

1. Preheat oven to 375° F. Lightly spray a 8" x 8" or 9" x 9" ceramic baking dish with cooking spray; set aside.
2. Arrange the banana slices in a single layer on the bottom of the ceramic dish.
3. Sprinkle ¼ tsp of the cinnamon, honey, and cover with foil. Bake 15 minutes, until the bananas get soft.
4. Meanwhile, in a medium bowl, combine the oats, half of nuts, baking powder, remaining cinnamon, pumpkin pie spice, nutmeg and salt; stir together.
5. In a separate bowl, whisk together the pumpkin, brown sugar, milk, egg, and vanilla extract. Add the dry mixture, mixing until fully combined.
6. Remove bananas from the oven, then pour the oat mixture over the bananas.
7. Bake the oatmeal for about 30-35 minutes, or until the top is golden brown and the oatmeal has set. Serve warm from the oven and enjoy!