

Providing compassionate care and hope to people facing cancer

Fall 2025 Baked Oatmeal with Blueberry Compote : EW II

Ingredients

*1 ripe banana, mashed (1/2 cup)
1 cup skim milk
¼ cup Peanut Butter, smooth
¼ cup Maple syrup
2 Tbsp. olive oil
1 tsp. baking powder
1 tsp. cinnamon
2 cups whole rolled oats
1 cup chopped pecans
2 cups blueberries, fresh*

Instructions

- 1. Preheat oven to 350 degrees F. Grease an 8x8" or similar baking dish.*
- 2. In a large bowl, whisk together the mashed bananas, milk, peanut butter, maple syrup & olive oil. Add the baking powder, cinnamon and whisk again.*
- 3. Fold in the oats, ¾ cup pecans & ½ cup blueberries.*
- 4. Pour the mixture into the prepared baking dish and smooth into an even layer.*
- 5. Top with ¼ pecans. Bake for 40-50 minutes or until the topping is crisp & middle is set. Remove from the oven & let cool for 10 minutes. **To make the compote:***
- 6. In a small saucepan add the blueberries and 1 Tbsp. water and cover with lid. On low heat allow to simmer and stir on occasion until it forms a jelly. Serve warm over the baked oatmeal.*

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Nutrition Tips

Oatmeal is rich in nutrients & high in fiber. A 1-cup serving of cooked oatmeal provides a balanced mix of CHO, protein & fat. Adding blueberries also contributes fiber & good nutrition. They are low in calories and fat. Blueberries are high in antioxidants & may help protect against chronic diseases. A good source of Vitamin C & K, essential for immune function & bone health.