



Zucchini Bread Baked Oatmeal

INGREDIENTS

3 bananas, sliced; divided
2 cups Hy-Vee old fashioned oats
4 Hy-Vee large eggs
¼ cup Hy-Vee honey, plus additional for serving
2 tsp Hy-Vee baking powder
½ tsp kosher salt
1 cup zucchini, unpeeled and shredded
½ cup Hy-Vee chopped walnuts, divided
½ cup Hy-Vee chopped pecans, divided

PREPARATION

- 1** Preheat oven to 375°. Place 2 sliced bananas, oats, eggs, honey, baking powder, and salt in a blender. Cover and blend until smooth. Transfer to a medium bowl.
- 2** Fold in shredded zucchini, ¼ cup walnuts, and ¼ cup pecans. Divide batter among 8 (6-oz. each) ramekins; top with remaining sliced banana, ¼ cup walnuts and ¼ cup pecans. Slightly press toppings into batter. Place ramekins in a large rimmed baking pan.
- 3** Bake 22 to 25 minutes or until toothpick inserted near center comes out clean. Drizzle with additional honey, if desired. Serve warm.

NUTRITION FACTS

Calories: 320
Total Fat: 15g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 95mg

Sodium: 290mg
Carbohydrates: 43g
Fiber: 6g
Sugar: 15g
Protein: 9g