



## Baked Oatmeal with Dried Cranberries

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



9

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup vanilla almond milk unsweetened (I used original )
- 2 tsp double-acting baking powder
- 2 banana very ripe mashed
- 1.5 tsp cinnamon
- 1 cup cranberries dried
- 2 eggs
- 1 tbsp flaxseeds
- 3 cups rolled oats dry (I used old fashioned oats)

- 0.3 teaspoon salt
- 1 tsp vanilla extract

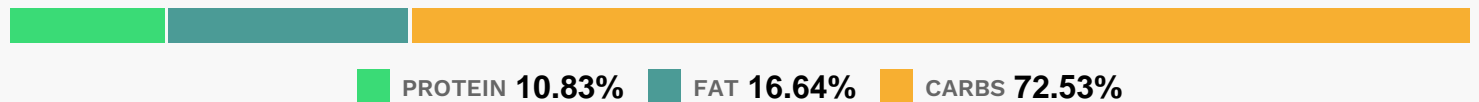
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 350F
- Mix dry ingredients until well combined.
- Mix liquid ingredients separately.
- Add the liquid ingredients to the dry mix.
- Mix well.5.Spray a pan with a non-stick spray – the smaller the pan, the thicker the bars will be.
- Pour the mix into the pan.
- Bake for 45 minutes.8.Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:24.86, Glycemic Load:9.4, Inflammation Score:-3, Nutrition Score:9.5234782608696%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Taste

Sweetness: 100%, Saltiness: 19.92%, Sourness: 14.61%, Bitterness: 12.19%, Savoriness: 15.6%, Fattiness: 52.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 194.01kcal (9.7%), Fat: 3.73g (5.74%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 31.88g (11.59%), Sugar: 13.39g (14.88%), Cholesterol: 36.37mg (12.12%), Sodium: 225.92mg (9.82%), Protein: 5.47g (10.94%), Manganese: 1.19mg (59.75%), Fiber: 4.74g (18.98%), Phosphorus: 166.85mg (16.69%), Selenium: 11.45µg (16.36%), Magnesium: 51.04mg (12.76%), Calcium: 122.72mg (12.27%), Vitamin B1: 0.16mg (10.43%), Iron: 1.65mg (9.19%), Zinc: 1.22mg (8.13%), Copper: 0.16mg (7.86%), Vitamin B6: 0.15mg (7.55%), Vitamin B2: 0.11mg (6.58%), Potassium: 223.62mg (6.39%), Vitamin B5: 0.58mg (5.82%), Folate: 19.48µg (4.87%), Vitamin E: 0.54mg (3.59%), Vitamin B3: 0.6mg (3%), Vitamin C: 2.33mg (2.83%), Vitamin K: 1.91µg (1.82%), Vitamin B12: 0.09µg (1.45%), Vitamin A: 70.86IU (1.42%), Vitamin D: 0.2µg (1.3%)