BUDGET-FRIENDLY HEALTHY RECIPE:

Peanut Butter Banana Oatmeal Bake

INGREDIENTS:

- 2 bananas
- 2 cups of oats: quick or traditional
- 2 cups of milk
- 2 tbsp. of maple syrup
- 2 tbsp. of chia seeds, optional
- 1/3 cup of peanut butter

INSTRUCTIONS:

1. Preheat the oven to 375°F. Line a square or loaf pan with parchment paper or grease it with oil of your choice.
2. Mash the bananas with the back of a fork.
3. In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and peanut butter.
4. Transfer the mixture to your pan. Bake for 35 minutes and let cool slightly before serving. Enjoy!

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