

Dessert

Oatmeal Cheesecake Banana Splits

Kathleen Willcox - Institute of Culinary Education
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Servings: 6

2/3 cup rolled oats

1 1/3 cups low-fat milk

4 ounces low-fat cream cheese or Neufchatel cheese, softened

4 ounces reduced-fat sour cream

1/2 cup confectioner's sugar

1/2 teaspoon vanilla extract

1/3 cup fresh raspberries

2 bananas, halved lengthwise, each half cut into three pieces

2 tablespoons light brown sugar

1/4 cup toasted sliced almonds or other nuts (for garnish) (optional)

Coat six 8-ounce ramekins or ovenproof dishes with cooking spray. Set aside.

Combine the oats, milk and a pinch of salt in a saucepan. Bring to a boil over medium-low heat. Cook for 6 to 8 minutes or until the oats are creamy.

Divide the oatmeal among the prepared ramekins. Cool.

Preheat the oven to broil.

Beat the cream cheese and sour cream with an electric mixer until smooth.

Beat in the confectioner's sugar and vanilla. Stir in the raspberries.

Top the oatmeal in each ramekin with two banana slices. Sprinkle one teaspoon of brown sugar over the bananas.

Broil 3 to 5 minutes or until the brown sugar is bubbly.

Top with the cream cheese mixture.

Sprinkle with almonds, if desired.

Per Serving (excluding unknown items): 125 Calories; 1g Fat (5.5% calories from fat); 2g Protein; 29g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.