

Baked Blueberry Oatmeal

Serves 8

Ingredients

⅔ cup pecans, roughly chopped	2 large eggs
2 cups old-fashioned oats	3 tablespoons melted unsalted butter (or coconut oil), divided
2 teaspoons ground cinnamon	2 teaspoons vanilla extract
1 teaspoon baking powder	12 ounces or 1 pint fresh or frozen blueberries (or 2 ½ cups of your preferred berry/fruit, chopped into ½" pieces if necessary), divided
½ teaspoon salt	2 teaspoons sugar (optional)
¼ teaspoon ground nutmeg	
1 ¾ cups milk of choice (sugar-free almond milk, coconut milk, or cow's skim milk)	
⅓ cup maple syrup or honey	

Optional toppings for serving: plain/vanilla yogurt or whipped cream, additional maple syrup or honey for drizzling, and/or additional fresh fruit

Directions

1. Preheat the oven to 375°F. Grease a 9-inch square baking dish with non-stick cooking spray and line a rimmed baking sheet.
2. Pour the nuts onto the rimmed baking sheet. Toast for 4 to 5 minutes, until fragrant.
3. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
4. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and it solidified in contact with the cold ingredients, briefly microwave the bowl in 30 second increments, just until the coconut oil melts again.)
5. Reserve about ½ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
6. Scatter the remaining berries across the top.
7. Bake for 40 to 45 minutes, until the top is golden brown. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.

Nutrition Information per Serving

Calories: 330 calories
Total Fat: 14g
Carbohydrates: 47g
Fiber: 7g
Protein: 8g

Adapted from www.cookieandkate.com



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