

BAKED BLUEBERRY OATMEAL

Adapted from Super Natural Every Day, by Heidi Swanson

Ingredients

- 2 cups oats
- ½ cup walnut halves
- 1 teaspoon baking powder
- 1½ teaspoons cinnamon
- ½ teaspoon kosher salt
- 1½ cup blueberries, fresh or frozen
- 2 cups milk (whole milk used in nutrition facts assessment)
- 1/3 cup maple syrup
- 1 egg, beaten
- 1½ tablespoons olive oil
- 2 teaspoons vanilla extract

Instructions

Set the oven at 375 degrees. In an 8 x 8 or 10 x 7 inch casserole dish, mix together the oats, walnuts, baking powder, cinnamon, and salt.

Scatter the blueberries evenly over the oats mixture. In a medium bowl, combine the milk, syrup, egg, oil, and vanilla extract. Pour the liquid over the oats (be sure it fully seeps down into the oats).

Bake for 35 to 45 minutes, until the top is golden and the oats are set. Allow to cool slightly before serving.

Notes:

- No need to defrost frozen berries - the casserole may just take a few minutes longer to cook.
- You can mix the dry ingredients the night before; cover with plastic wrap and leave on the counter overnight.

Yield: 6 servings

NUTRITION FACTS PER SERVING

CALORIES: 320

PROTEIN: 9 grams

SODIUM: 325 milligrams

CARBOHYDRATE: 41 grams

FIBER: 5 grams

FAT: 14 grams

SATURATED FAT: 3 grams