Be Fit Basics: Blueberry Baked Oatmeal
Adapted from Super Natural Every Day, by Heidi Swanson

2 cups oats
½ cup walnut halves
1 tsp baking powder
1½ tsp cinnamon
½ tsp kosher salt
1½ cups blueberries, fresh or frozen
2 cups whole milk
1/3 cup maple syrup
1 egg, beaten
1½ tbsp unsalted butter, melted
2 tsp 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, butter, 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 INFORMATION PER SERVING:
CALORIES: 320 calories        PROTEIN: 9 g        SODIUM: 325 mg
CARBOHYDRATE: 41 g        FIBER: 5 g
FAT: 14 g        SAT FAT: 4 g