



BeFit

Be Fit. Eat Healthy. It's your choice.

## 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