

Baked Berry Oatmeal

Heart Health

Items Needed: 2 medium mixing bowls, measuring cups and spoons, 8x8 baking dish

Makes: 6 servings

Bake Ingredients:

- 2 cups old fashioned rolled oats (can be quick oats, or homestyle, if using steel cut: use quick cooking.)
- 2 tbsp maple syrup
- 1 2/3 cup unsweetened almond milk or whatever milk you prefer
- 1 egg, large
- 1 tsp vanilla extract
- ½ tsp almond extract
- Pinch of salt

Topping Ingredients:

- 2 cups of fresh berries, washed (if using strawberries, sliced into quarters.)
- 1/3 cup sliced almonds
- 1/3 cup old fashioned rolled oats
- 2 tbsp brown sugar
- 1 tsp cinnamon
- 1 tbsp all purpose flour or almond flour
- 2 tbsp olive oil

Directions:

1. Preheat oven to 350 degrees. Spray an 8x8 baking dish with pan spray and set to the side.
2. In one of your mixing bowls add all of the bake ingredients and mix: it will be very soupy and won't look very delicious. Pour into your baking dish and grab your berries.
3. Place berries over the top of the oatmeal mix.
4. In your second mixing bowl, combine the remaining ingredients and mix with your hand until you have a streusel mixture with all ingredients evenly distributed.
5. Sprinkle over the top of your bake and place in a 350 degree oven for 45 minutes. Remove and serve warm as is, with another splash of milk or with some yogurt.



Nutrition Information (per 1/6th recipe):

Calories: 266 Fat: 10 g Carbs: 37.4 g Protein: 6.6 g Fiber: 5.2 g Sodium: 161 mg

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