

BLUEBERRY BAKED OATMEAL

Vegan and gluten-free
4-6 servings



INGREDIENTS

- 2 cups blueberries (fresh or frozen)
- 2 cups rolled oats
- 1/4 cup walnuts or pecans, chopped small
- 1 tsp baking powder
- 1 tsp cinnamon
- 2 Tbsp chia or flax seeds
- 2 cups milk (I use vanilla unsweetened almond milk)
- 1-3 tbsp maple syrup (depending on desired sweetness)
- 2 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit and grease a 9x9" pan.
2. Stir together the rolled oats, nuts, baking powder, cinnamon, and chia/flax seeds. Transfer a bit of the mixture into the pan.
3. Layer on 1 cup blueberries.
4. Spread half of remaining oat mixture on top of the blueberries.
5. Add the rest of the berries.

6. Spread the rest of the oat mixture on top.
7. Whisk together milk, maple syrup, and vanilla. Pour into pan, making sure the oats are covered. Press down with a fork or tilt the pan to evenly distribute the liquid, if needed.
8. Bake for 35 minutes. Remove from oven and let set for 5-10 minutes. Enjoy!
9. Refrigerate leftovers to enjoy cold

