

## Blueberry Baked Oatmeal

### INGREDIENTS

- 2/3 cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp salt
- ¼ tsp nutmeg
- 1 ¾ cup milk of choice (almond milk, coconut milk, fat free milk)
- 1/3 cup maple syrup or honey
- 2 large eggs
- 3 tablespoons of melted unsalted butter or coconut oil
- 2 tsp vanilla extract
- 12 oz of fresh or frozen blueberries
- 2 tsp raw sugar (optional) for topping
- Optional toppings: plain/vanilla yogurt, additional maple syrup or honey for drizzling and/or fresh fruit



### INSTRUCTIONS

1. Preheat oven to 375 degrees. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4-5 minutes, until fragrant.
2. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk until combined.
3. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and if solidified in contact with the cold ingredients, briefly microwave the bowl in 30 second increments, just until the coconut oil melts again.)
4. Reserve about ½ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (you do not need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
5. Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you would like some extra sweetness and crunch.
6. Bake for 42-45 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.
7. Serve warm or will keep in the refrigerator, covered, for 4-5 days.

*Recipe Source: <https://cookieandkate.com/baked-oatmeal-recipe/>*