



Blueberry Baked Oatmeal

Serves 6

Ingredients:

2 C old fashioned oats

¼ C brown sugar

1 tsp baking powder

½ tsp ground cinnamon

¼ tsp salt

1 ½ C milk (dairy or non-dairy)

1 large egg

¼ C unsweetened applesauce

1 tsp vanilla extract

1 C fresh or frozen blueberries

Optional toppings: additional blueberries, sliced bananas, chopped nuts, maple syrup.

Preheat oven to 350. Grease baking dish (8x8) with cooking spray and set aside.

In a large mixing bowl, combine oats, brown sugar, baking powder, cinnamon, and salt.

In a separate bowl whisk together the milk, egg, applesauce, and vanilla until well combined. Pour the wet ingredients into the dry ingredients and stir until evenly combined.

Gently fold in the blueberries until distributed throughout the mixture.

Pour the mixture into prepared baking dish and spread out evenly. Sprinkle extra blueberries on top for decoration if desired.

Bake for 30-35 minutes or until the oatmeal is set and the edges are lightly golden.

Serve warm – topped with sliced bananas, nuts, or maple syrup if desired.