



BERRY BAKED OATMEAL

This baked berry oatmeal is rich in fiber from oats and berries, naturally sweet, and supports heart health by helping manage cholesterol and blood sugar levels.

 PREP TIME
10 MIN

 COOK TIME
70 MIN

 SERVINGS
8-15 SLICES

Instructions

1. Preheat oven to 375°F and lightly grease a baking dish.
2. Whisk milk, eggs, vanilla, and sweetener in a bowl.
3. Stir in oats, cinnamon, baking powder, and salt.
4. Gently fold in berries.
5. Pour mixture into baking dish.
6. Bake 30-35 minutes, until set and lightly golden.
7. Let cool slightly before serving.

Storage Tips:

Store baked berry oatmeal in an airtight container in the fridge for up to four days. Reheat portions in the microwave for 30-60 seconds, or freeze for up to three months for a convenient breakfast option.

Ingredients

- 2 cups rolled oats
- 1½ cups unsweetened milk (dairy or plant-based)
- 1½ cups mixed berries (fresh or frozen)
- 2 eggs (or 2 tbsp ground flax + 5 tbsp water)
- 2 tbsp maple syrup or honey (optional)
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt