

# Blueberry Baked Oats



*Serves 8*



*1 hour*



*Spring*



*Blueberry*



## INGREDIENTS:

- 2 cups rolled oats
- 1 cup fresh or frozen blueberries
- 2 cups milk
- ½ cup maple syrup or brown sugar
- 1 large egg
- ½ cup chopped walnuts
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp pure vanilla extract
- A pinch of salt
- Oil or butter for greasing



## METHOD:

1. Preheat your oven to 180°C. Lightly grease an 8x8 inch baking dish
2. In a large bowl, mix the milk, egg, vanilla extract, salt and maple syrup or brown sugar with a whisk until smooth.
3. Add the rolled oats, chopped walnuts, baking powder and cinnamon to the bowl. Stir with a spatula until everything is mixed.
4. Put half of the blueberries in the bottom of the greased baking dish. Pour the oat mixture over the blueberries and spread it evenly. Place the remaining blueberries on top.
5. Bake for 30-40 minutes until the top is golden brown.
6. Let the baked oatmeal cool for at least 10 minutes before cutting and serving

## TIPS:

- If using frozen blueberries, don't thaw them. Thawing can make them soft and turn the mixture purple.
- For a vegan version, use a flax egg (mix 1 tablespoon flaxseed meal with 3 tablespoons water, let sit for 5 minutes) and plant-based milk (like almond or oat milk).
- You can use almonds or pecans instead of walnuts.
- You can replace maple syrup or brown sugar with 2 mashed ripe bananas and reduce the milk to 1 ½ cups instead of 2 cups for a less sweet version.
- Store leftovers in the fridge for up to 5 days. Reheat in the microwave for 1 minute.
- For extra protein, add a scoop of Greek yogurt on top before eating

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*