

Berry Baked Oatmeal

Swick

Makes 4 bowls | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

Notes:

Leftovers: Refrigerate in an airtight container up to 3-5 days. Freeze if longer.

No applesauce? Use mashed banana instead.

No almonds? Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Nutrition: Calories 374; Fat 11g ; Carbs 54g ; Fiber 11g; Sugar 17g; Protein 19g; Cholesterol 2mg; Sodium 104mg; Vitamin A 260IU; Vitamin C 20mg; Calcium 390mg; Iron 4mg

Step 1: Method

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| • 2 cups Oats, quick or traditional (200 grams) | 1. Preheat oven to 350 F (177 C). Grease a baking pan with avocado oil. |
| • 2 cups Unsweetened Almond Milk (500 grams) | 2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined. |
| • 2 tbsp Maple Syrup (30 mL) | 3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. |
| • 1/2 cup Unsweetened Applesauce (125 grams) | |
| • 1 tsp Cinnamon (2 grams) | Sprinkle with sliced almonds before serving. Enjoy! |
| • 2 tbsp Chia Seeds (20 grams) | |
| • 2 cups Frozen Berries (500 grams) | |
| • 1/2 cup Vanilla Protein Powder (64 grams) | |
| • 1/4 cup Sliced Almonds (~17 grams) | |