

Berry Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C). Grease a baking dish with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

More Nutrients

Add 1/2 cup of pumpkin seeds (pepitas) or sunflower seeds or a 1/4 cup of each. You could also add a Tablespoon of crushed linseeds.

Leftovers

Refrigerate in an air-tight container up to 3-5 days or freeze it for longer.

No Applesauce

Use mashed banana instead.

No Almonds

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Ingredients

- 2 cups** Oats (Whole Rolled)
- 2 cups** Unsweetened Almond Milk (or any other non-dairy milk)
- 2 tbsps** Maple Syrup
- 1/2 cup** Unsweetened Applesauce
- 1 tsp** Cinnamon
- 2 tbsps** Chia Seeds
- 2 cups** Frozen Berries
- 1/4 cup** Sliced Almonds

Nutrition

Amount per serving

Calories	221	Iron	2mg
Fat	7g	Vitamin D	34IU
Carbs	35g	Folate	9µg
Fiber	7g	Vitamin B12	0µg
Sugar	11g	Magnesium	57mg
Protein	6g	Zinc	1mg
Calcium	222mg	Selenium	8µg