

Food is Health • Community Recipe Challenge

Healthy Blueberry Baked Oatmeal

Ingredients

- 2 $\frac{3}{4}$ cups old fashioned rolled oats
- 1 $\frac{1}{2}$ tablespoons (Tbsp) chia seeds (optional)
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon fine salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{3}$ cup maple syrup or honey (use 3 Tbsp for less sweet)
- 1 ripe banana, mashed ($\sim\frac{1}{2}$ cup) or applesauce
- 2 large eggs (see end of Instructions for egg-free option)
- 1 $\frac{1}{2}$ cups milk of choice
- $\frac{1}{4}$ cup melted unsalted butter or coconut oil
- 2 teaspoons pure vanilla extract
- $\frac{1}{4}$ cup almonds, sliced or chopped + more for topping (omit for nut-free)
- 1 $\frac{1}{2}$ cups frozen blueberries, do not thaw (may sub fresh)



Recipe from therealfooddietitians.com (adapted)



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Instructions

1. Preheat the oven to 375°F and spray a 9×9 or 8×8-inch baking dish with cooking spray.
2. Combine all of the ingredients in a bowl and mix.
3. Transfer mixture to the baking dish. If desired, top with a few additional frozen berries and sliced almonds.
4. Bake for 30-35 minutes; it is ready when the center is set.
5. Let sit for 10 minutes before serving.
6. Top with yogurt and maple syrup, if desired.

- Egg-free option: Mix 2 tablespoons ground flax meal with 5 tablespoons water in a small bowl. Mix well and let stand 5-10 minutes to thicken. Use mixture in place of the eggs in the recipe.
- Store baked oatmeal in an airtight container in the fridge for up to 1 week or in the freezer for up to 3 months.
- To reheat, microwave for ~30 seconds or in the oven at 300 degrees until warm.

Nutrition Information per Serving Serving: 1/9 of recipe

<u>Calories</u>	245
<u>Protein</u>	6g
<u>Carbohydrates</u>	33g
<u>Fat</u>	10g
<u>Saturated Fat</u>	4g
<u>Fiber</u>	5g
<u>Sugar</u>	11g
<u>Sodium</u>	100mg

The information shown is an estimate.



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