

Blueberry Baked Oatmeal

Shannon Smith MFN, RD, LD, CDCES

* adapted from Chris Haar, BGSU Internship director

Ingredients

- 1/3 cup slivered almonds
- 2 cup oats, dried and rolled
- 1 tsp baking powder
- 2 tsp cinnamon
- 2 cup milk
- 1 egg
- 1/3 cup brown sugar
- 2 T margarine
- 1 T vanilla extract
- 2 medium bananas
- 2 cups Blueberries



Directions

1. Preheat oven to 375 degrees F
2. Spray a square, 8 inch baking dish
3. Combine oats, baking powder, and cinnamon
4. In a separate bowl, whisk together sugar, milk, egg, margarine and vanilla
5. Layer sliced bananas across the bottom the baking dish and cover with a layer of ~1 cup berries over the bananas
6. Evenly spread dry ingredients over banana and berries. Slowly pour wet ingredients in
7. Sprinkle almonds and remaining berries on top
8. Bake for 35-45 minutes uncovered. Top will brown and oat mixture will set/firm
9. Remove from over. Can serve warm.

