

Berry Baked Oatmeal

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Serves 6

Blue – 6

Purple – 1

Green -6

- 3 cups old fashioned rolled oats
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 2 eggs lightly beaten
- 2 1/2 cups unsweetened almond or cashew milk
- 1/2 cup zero calorie sweetener like Lakanto Monkfruit
- 2 tsp vanilla extract
- 3 Tbsp light butter, melted
- 3 cups fresh berries – slice larger berries

1. Preheat oven to 350. Grease a 2 1/2 or 3 quart baking dish (or a 9x13 dish)
2. Combine oats, baking powder and salt. Place half the oat mixture in the baking dish. Top with half the berries then top with the remaining oat mixture.
3. Whisk the eggs, almond milk, sugar, vanilla and melted butter. Pour over the oats. Top with remaining berries. Gently shake the baking dish and forth from side to side

to allow the wet mixture to get down into the oats.

4. Bake uncovered for 25-40 minutes until oats are tender and the mixture is set.
5. Serve immediately with a splash of milk or cool and refrigerate to reheat later