

Healthy Blueberry Baked Oatmeal (Gluten-free)

Homemade and easy to make, this Healthy Blueberry Baked Oatmeal makes for a delicious breakfast and is perfect for meal prep. With its warm cinnamon and vanilla flavors, complete with blueberries and sliced almonds this recipe is one you'll make again and again.

🕒 Prep: 10 min Cook: 35 min Total: 45 minutes

👤 Servings: 9 servings

1x	2x	3x
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INGREDIENTS

- 2 ¾ cups old fashioned rolled oats
- 1 ½ tablespoons chia seeds (*optional*)
- 1 teaspoon baking powder
- ¼ teaspoon fine salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ⅓ cup maple syrup or honey (use 3 tablespoons for less sweet)
- 1 ripe banana, mashed (~½ cup) or applesauce
- 2 large eggs* (See Notes for egg-free option)
- 1 ½ cups milk of choice
- ¼ cup melted unsalted butter or coconut oil
- 2 teaspoons pure vanilla extract
- ¼ cup almonds, sliced or chopped + more for topping (omit for nut-free)
- 1 ½ cups frozen blueberries, do not thaw (may sub fresh)

INSTRUCTIONS

1. Preheat the oven to 375°F. Spray a 9×9 or 8×8-inch baking dish with cooking spray.
2. In a bowl, combine all of the ingredients and mix.
3. Transfer to the prepared dish. Top with a few additional frozen berries and sliced almonds, if desired.
4. Bake for 30-35 minutes or until center is set.
5. Let sit for 10 minutes before serving.
6. Top with whipped topping or yogurt and maple syrup if desired.

NOTES

* **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 before using in place of the eggs in this recipe.

Store 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 30-60 seconds or in the oven at 300 degrees until warm.

NUTRITION INFORMATION

Serving Size: 1/9 of recipe **Calories:** 245 **Fat:** 10 g (**Sat Fat:** 4 g) **Sodium:** 100 mg
Carbohydrate: 33 g (**Fiber:** 5 g **Sugar:** 11 g) **Protein:** 6 g

DIETARY

Dairy-Free Gluten-free Nut-free Vegetarian

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