

Strawberry Baked Oatmeal

★★★★★

Prep Time: 5 minutes **Cook Time:** 35 minutes **Servings:** Yield: 9 servings **Source:** fitmittenkitchen.com

INGREDIENTS

2 large eggs

2 tablespoons avocado oil (or melted cooled coconut oil, or light olive oil)

1/4 cup pure maple syrup

1 1/2 cups milk of choice

1 teaspoon vanilla extract

2.5 cups rolled oats

1 teaspoon baking powder

1/4 teaspoon fine sea salt

1/4 teaspoon cinnamon (use more if you'd like)

1 pint strawberries, hulled and sliced lengthwise

DIRECTIONS

Preheat oven to 375°F and grease 9×9 baking dish (or similar size).

Whisk wet ingredients: In large bowl whisk together eggs, oil, maple syrup, milk and vanilla extract.

Stir in dry ingredients: Add in rolled oats, baking powder, salt and cinnamon. Set aside to rest.

Slice strawberries: Meanwhile, hull and slice strawberries lengthwise – you want about 2 cups.

Gently fold in almost all of the strawberries (leaving some slices for serving or adding to top) into bowl of oat mixture and transfer to prepared baking dish. Top with remaining strawberry slices or save for serving.

Bake for 35-40 minutes or, until top is golden and middle is set. You can serve immediately bowl style, or wait about 20 minutes to serve as squares.

Serve strawberry baked oatmeal with your favorite toppings like yogurt, more berries, cream, a little extra maple syrup or honey. Enjoy!

NOTES

I doubled for 9x13 pan and added walnuts.

NUTRITION

Serving Size: 1/9 Calories: 190 Sugar: 7g
Sodium: 63mg Fat: 7g Saturated Fat: 1g
Unsaturated Fat: 4g Carbohydrates: 27g Fiber: 4g
Protein: 5g Cholesterol: 41mg