

# Berry Baked Oatmeal

6 SERVINGS 45 MINUTES



## INGREDIENTS

162 grams Oats (quick or traditional)  
480 milliliters Unsweetened Almond Milk  
40 grams Maple Syrup  
122 grams Unsweetened Applesauce  
3 grams Cinnamon  
24 grams Chia Seeds  
373 grams Frozen Berries  
36 grams Sliced Almonds

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### NO APPLESAUCE

Use mashed banana instead.

### NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.