

Sweet Potato Blueberry Baked Oatmeal



INGREDIENTS

BUTTER, OIL OR NONSTICK COOKING SPRAY
2 CUPS UNCOOKED ROLLED OR OLD-FASHIONED OATS
2 TEASPOONS CINNAMON
1/4 TEASPOON SALT
1 1/2 TEASPOONS BAKING POWDER
1 1/2 CUPS 1% MILK
2 LARGE EGGS
1 CUP MASHED SWEET POTATO
1 1/2 TABLESPOONS BUTTER, MELTED
1/3 CUP MAPLE SYRUP, PLUS MORE FOR DRIZZLING
1 TEASPOON VANILLA EXTRACT
2/3 CUP BLUEBERRIES (FRESH OR FROZEN)

DIRECTIONS

- Preheat oven to 350 F.
- Coat inside of 2-quart baking dish with butter, oil or nonstick cooking spray.
- Mix oats, cinnamon, salt and baking powder.
- Beat in milk, eggs, sweet potato, butter, 1/3 cup maple syrup and vanilla extract.
- Mix together, saving blueberries for last to prevent staining or crushing, and spread inside dish.
- Bake 30-35 minutes until oats are tender and moisture has been absorbed.
- Drizzle with maple syrup, to taste.

*Recipe courtesy of Sarah Schlichter on behalf of the North Carolina Sweetpotato Commission
Prep time: 10 minutes | Cook time: 30 minutes | Servings: 6*