

# 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)

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## 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*