**Triple Berry Baked Oatmeal**

Preheat oven to 375f
Spray baking dish with coconut oil and set aside( I don’t have a spray can so I just used mine right from the jar)
In a mixing bowl combine 1/2 cup of rolled oats, 3 egg whites, 2 Tbsp of nonfat plain Greek yogurt, pinch of stevia to taste(I omitted it), 1/8 tsp vanilla or more to taste, and stir until combined.
Pour into prepared dish and top with 1/3 cup of frozen mixed berries. I eyeballed mine. Bake for 20-25 minutes.
I experimented with it this morning by using a whole egg instead, and added cinnamon and ginger powder as well! I also added sliced
almonds, chopped pear, and unsweetened almond milk! It smells awesome coming out of the oven!