



4 servings



1 hour

Baked Oatmeal

INGREDIENTS

2 c. Rolled Oats
1 1/4 c Almond Milk
1 tsp. Baking Powder
1 tsp. Salt
2 tsp. Vanilla
2 eggs
2 tsp. Butter
1/4 c Gentle Sweet
Toppings of choice

DIRECTIONS

1. Preheat oven to 350°F and grease a 2-quart casserole dish.
2. Add milk, eggs, butter, salt, vanilla, baking powder and sweetener to the greased dish and mix well.
3. Mix in the oatmeal until well combined and evenly moistened
4. Fold in 1c toppings of choice.
 - a. Blueberries, apples, mashed banana, pumpkin are all wonderful! Add spices (cinnamon, pumpkin pie spice, etc) to taste.
5. Bake for 35-40 minutes until set in the middle and golden brown on top!

NOTES

As written, this is an E meal with added fat already included! Make sure to add 25-30g of low-fat protein on the side. Some options are fat-free Greek yogurt, optimized collagen, Canadian Bacon, cottage cheese, ect.