

PREPARATION: 10 MINUTES

COOKING: 40 MINUTES

8 SERVINGS

BLUEBERRY BAKED OATMEAL

INGREDIENTS

1 cup milk
½ cup applesauce
¼ cup almond butter
¼ cup honey
¼ cup canola oil
1 tablespoon vanilla extract
⅛ teaspoon baking soda
¼ teaspoon cream of tartar
2 cups quick oats
½ cup sliced almonds
½ cup blueberries

Topping
1 cup blueberries
2 tablespoons sliced almonds
2 tablespoons brown sugar
4 cups cottage cheese

PREPARATION

- 1 Preheat the oven to 350°F. Grease an 8×8-inch baking dish.
- 2 In a large bowl, whisk milk, applesauce, almond butter, honey, oil, and vanilla extract. Add baking soda and cream of tartar and whisk again.
- 3 With a spatula, stir in oats, almonds, and blueberries.
- 4 Pour mixture into baking dish and smooth the top.
- 5 Top with remaining blueberries, almonds, and brown sugar.
- 6 Bake for 50–60 minutes or until cooked and golden with a crispy topping. Take out the oven and let cool for 1 hour. Cut into 8 portions and serve with cottage cheese.

Note: Enjoy hot or cold as a full breakfast. Make it a snack or dessert without the cottage cheese.

Nutrient Analysis

Per serving: ⅛ of recipe

Calories	428 Kcal
Protein	23 g
Carbohydrates	43 g
Fibre	5 g
Sugars	23 g
Total Fat	19 g
Saturated Fat	3 g
Cholesterol	8 mg
Sodium	527 mg
Potassium	403 mg
Phosphorus	391 mg