

BAKED OATMEAL

Creamy and nutty, this baked oatmeal will forever change how you think of a typical breakfast!

TOOLS

- Bowl + spatula + Baking dish + non stick spray

INGREDIENTS

- 1 1/2 tablespoons melted butter or coconut oil
- 1 tablespoon pure maple syrup or honey
- 1 large egg, slightly beaten
- 1 can of evaporated milk (or milk alternative)
- 1 1/2 cups old fashioned rolled oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- OPTIONAL: stir in some jam, peanut butter, almond butter or dried fruit and nuts

DIRECTIONS

1. Preheat the oven to 350 degrees F and spritz an 8x8 or 9x9 baking dish with non-stick cooking spray.
2. In a large bowl, add melted butter, maple syrup, and milk. Whisk.
3. Add egg. Whisk.
4. To this, add oats, baking powder, cinnamon and salt, and combine well.
5. Spoon and pour into the prepared pan and make sure the oatmeal is evenly spread out.
6. If using jam or peanut butter, dollop by the teaspoonful onto oatmeal bake, then very gently swirl with a knife.
7. Bake for 25-30 minutes until golden brown.
8. Cut and enjoy, with a drizzle of milk and a touch of brown sugar. You can also top with fruit, or let it fully cool and cut into "bars".

