

# Recipe

## Blueberry Oatmeal Bake

Prep time: 10 minutes

Cook time: 35 minutes

Yield: 9 servings



### Ingredients:

- 1/2 cup chopped pecans
- 2-1/2 cups old-fashioned oats
- 2-1/2 cups frozen wild blueberries, divided
- 2 cups milk (any kind: cow's, almond, soy, etc.)  
Optional: substitute a whole mashed banana and reduce milk to 1-3/4 cups
- 3 Tbsp flax seed
- 1/2 to 1 tsp cinnamon
- 1/2 tsp kosher salt
- 1/4 tsp nutmeg
- 3 Tbsp of either brown sugar or maple syrup
- 2 large eggs
- 2 tsp vanilla extract

### Steps:

1. Preheat oven to 375°. Grease or line a 9" x 13" pan with non-stick foil.
2. Whisk ingredients except oats, blueberries, and pecans together in a medium bowl.
3. Add 1/2 of oatmeal to pan.
4. Sprinkle on half of the berries.
5. Top with about 1/4 of the milk mixture.
6. Add the remaining blueberries and top with the rest of the oats.
7. Top with remaining milk mixture.
8. Sprinkle on pecans.
9. Bake at 375° until firm, about 35 minutes.