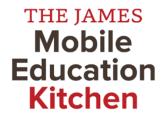
# **Baked Berry Oatmeal**



### **Heart Health**

Items Needed: 2 medium mixing bowls, measuring cups and spoons, 8x8 baking dish

Makes: 6 servings

#### **Bake Ingredients:**

- 2 cups old fashioned rolled oats (can be quick oats, or homestyle, if using steel cut: use quick cooking.)
- 2 tbsp maple syrup
- 12/3 cup unsweetened almond milk or whatever milk you prefer
- 1 egg, large
- 1 tsp vanilla extract
- ½ tsp almond extract
- Pinch of salt

#### **Topping Ingredients:**

- 2 cups of fresh berries, washed (if using strawberries, sliced into quarters.)
- 1/3 cup sliced almonds
- 1/3 cup old fashioned rolled oats
- 2 tbsp brown sugar
- 1 tsp cinnamon
- 1 tbsp all purpose flour or almond flour
- 2 tbsp olive oil

#### **Directions:**

- 1. Preheat oven to 350 degrees. Spray an 8x8 baking dish with pan spray and set to the side.
- 2. In one of your mixing bowls add all of the bake ingredients and mix: it will be very soupy and won't look very delicious. Pour into your baking dish and grab your berries.
- 3. Place berries over the top of the oatmeal mix.
- 4. In your second mixing bowl, combine the remaining ingredients and mix with your hand until you have a streusel mixture with all ingredients evenly distributed.
- 5. Sprinkle over the top of your bake and place in a 350 degree oven for 45 minutes. Remove and serve warm as is, with another splash of milk or with some yogurt.



## Nutrition Information (per 1/6<sup>th</sup> recipe):

Calories: 266 Fat: 10 g Carbs: 37.4 g Protein: 6.6 g Fiber: 5.2 g Sodium: 161 mg

https://wexnermedical.osu.edu/nutrition-services https://wexnermedical.osu.edu/rossgarden

