



baked berry oatmeal

Grab some cozy socks, a warm wrap, and a bowl of this Baked Berry Oatmeal to warm you up on these cold Texas winter mornings. Swap out packets of pre-sweetened instant oatmeal for this make-ahead, nutrient-packed option!

Ingredients:

- 2 cups quick oats
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- ¼ tsp. salt
- ¼ cup brown sugar
- 2 cups milk
- 2 eggs
- ½ tsp vanilla
- 3 Tbsp. honey
- 1 ½ Tbsp. melted butter
- 2 cups berries of your choice
- ¼ c. chopped nuts (optional)
- ¼ c. unsweetened coconut

Directions:

Preheat oven to 375 degrees. Grease a 2 qt. baking dish. Combine the dry ingredients (oats through brown sugar) in a medium bowl. In a separate bowl, whisk together the milk, eggs, vanilla, honey, and butter.

Layer half of the berries at the bottom of the dish. Top with the dry oats mix-

ture. Pour wet ingredients over the dry. Top with remaining berries and sprinkle the nuts and/or coconut on top.

Bake 25–35 minutes, or until oats have absorbed the liquid. Enjoy hot or cold!



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