



Blueberry and Almond Baked Steel-Cut Oats

Recipe Source: www.melskitchencafe.com

Serves 9

Ingredients:

1 cup steel cut oats
3/4 cup sliced almonds
1 1/4 tsp baking powder
1 1/2 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp salt
2 2/3 cup unsweetened almond or regular low-fat milk
1 tsp vanilla extract
2 eggs
2 Tbsp honey or pure maple syrup
1 Tbsp canola oil
1-2 cups fresh or frozen blueberries

Steps:

- In a medium bowl, mix the oats, almonds, baking powder, cinnamon, nutmeg, and salt.
- In another bowl or large liquid measuring cup, whisk the milk, vanilla, eggs, honey, and oil together until smooth.
- Pour the wet ingredients over the oat mixture and stir to combine.
- Lightly grease a 9x9 baking dish. Toss the blueberries over the bottom of the dish. Give the oatmeal mixture a final stir and pour over the blueberries. Cover with plastic wrap and refrigerate 8-12 hours or overnight.
- When ready to bake, preheat the oven to 350°. Uncover the baking dish and bake 55-60 minutes until the mixture is set and oats are tender but still slightly chewy. Stir to combine, or leave as is and scoop out portions.
- Serve with additional milk to stir into oatmeal, if desired.

Tips from the Test Kitchen: This recipe is so simple to prepare the night before. The taste is like a baked custard. You can easily substitute diced apple (unpeeled) or another type of fruit for the blueberries, or use a combination of fruit. Chopped walnuts or pecans would be good substitutes for the almonds if desired. Alternatively, the fruit and nuts can be completely omitted in the baking step and just added at the end to each serving.

Nutritional Facts (per serving): Calories: 202, Carbohydrates: 25 grams, Protein: 8 grams, Total Fat: 8 grams, Saturated Fat: 1 grams, Cholesterol: 45 mg, Sodium: 148 mg, Fiber: 4 grams, Total Sugars: 10 grams