



## Berry Baked Oatmeal

6 servings

45 minutes

### Ingredients

2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1/2 cup Unsweetened Applesauce  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
2 cups Frozen Berries  
1/4 cup Sliced Almonds

### Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

**No Applesauce:** Use mashed banana instead.

**No Almonds:** Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.