

Recipe of the Month from MCHS

Mount Carmel Healthy Living Center

Blueberry Oatmeal Bake

Ingredients:

- $\frac{2}{3}$ cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground nutmeg
- $1\frac{3}{4}$ cups low-fat milk
- $\frac{1}{4}$ cup maple syrup or honey
- 2 large eggs
- 2 tablespoons melted unsalted butter
- 2 teaspoons vanilla extract
- 12 ounces or 1 pint fresh or frozen blueberries (about 2.5 cups)



Directions:

1. Preheat the oven to 375°F. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4 to 5 minutes.
2. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
3. In a smaller mixing bowl, combine the milk, maple syrup, egg, butter, and vanilla. Whisk until blended.
4. Reserve about $\frac{1}{2}$ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
5. Scatter the remaining berries across the top.
6. Bake for 42 to 45 minutes (if using frozen berries, 45 to 50 minutes), until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes.
7. Serve as-is or with toppings of your choice.

Variations and Tips:

- Use any combination of fruit.
- Use any nondairy milk instead of low-fat milk, or use oil in place of butter, if desired.
- This oatmeal keeps well in the refrigerator, covered, for up to 4 days. You can reheat individual portions in the microwave before serving.

Nutrition Facts:

YIELD: 6 servings

Calories: 440 per serving, Carbohydrates: 43g, Fiber: 5.8g, Sugar: 19.4g (8.2g added sugar), Protein: 17.6g, Fat: 23.2g, Saturated fat: 6.5g, Cholesterol: 315mg, Sodium: 424mg