

Berry Oatmeal

Bake



Ingredients

- ☐ 350 g frozen Berries
- ☐ 2 eggs
- ☐ 2 cups milk
- ☐ 1 tsp Vanilla Extract
- ☐ 2 tbsp Coconut Oil
- ☐ 200 g Oats
- ☐ 65 g Pecans, chopped
- ☐ 3 tbsp Sugar
- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Allspice
- ☐ ½ tsp Sea Salt
- ☐ 1 tsp Baking Powder
- ☐ 2 tsp Turmeric
- ☐ Greek Yogurt

Utensils

- ☐ 2 Mixing Bowls
- ☐ 1 Medium Oven Safe Pan

Cooking Instructions

1. Set oven to 400°F
2. In bowl, mix “dry” ingredients
3. In different bowl, whisk together “wet” ingredients
4. Spray pan with baking spray.
5. Add half berries to bottom of pan
6. Pour dry mix evenly over berries
7. Pour wet mix on top, make sure dry mix is totally covered
8. Add remainder of frozen berries to top
9. Cook in oven for 30 minutes (edges and top should be golden brown)
10. Allow to cool
11. Slice to serve and garnish with greek yogurt and cinnamon