

## Baked Berry Oatmeal



Prep time 10 mins  
Cook time 15 mins  
Total time 25 mins

Healthy, delicious, and filling! This baked oatmeal is chock full of berries, pecans, and the perfect amount of sweetness.

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Serves: 6

Ingredients

- Dry Mixture:
  - 2 cups quick-cook oats (see notes on quick-cook vs. rolled)
  - 1 tsp baking powder
  - 1 tsp cinnamon
  - ¼ tsp salt
  - ⅓ cup packed brown sugar
  - Wet Mixture:
  - 2 cups nonfat milk
  - 2 eggs
  - ½ tbsp vanilla extract
  - 3 tbsps honey
  - 1½ tbsp melted butter
  - 2 cups frozen mixed berries
  - ¼ cup pecans, separated
1. Preheat oven to 375 degrees.
  2. In a medium sized bowl, mix together the oats, baking powder, cinnamon, salt, and brown sugar. Set aside.
  3. In a separate bowl whisk together the milk, eggs, vanilla, honey, and butter.
  4. Layer half the berries in a 2 quart baking dish and top evenly with the dry oat mixture. Pour on the wet mixture, then add the rest of the berries on top along with the roughly chopped pecans.
  5. Bake for 15-20 minutes or until the oats have absorbed the liquid. Serve hot or cold!

### Notes

If using non-quick cook oats, increase your baking time to 35-40 minutes.