



Simple | Healthy | Delicious

Baked Berry Oatmeal

INGREDIENTS

2 ¾ cups fresh or frozen berries
¾ cup Nature's Earthly Choice Superfood Blend
2 cups old-fashioned oats
3 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon sea salt
¼ cup maple syrup or honey
2 eggs
1 tablespoon pure vanilla extract
3 tablespoons melted unsalted butter or olive oil
1 ½ cups milk of choice
2 tablespoons organic cane or brown sugar
Butter or oil for greasing



DIRECTIONS:

1. Pre-heat the oven to 375 degrees Fahrenheit. Grease a 9x9-inch baking dish and spread 2 cups of berries along the dish, creating an even layer.
2. In a large bowl, combine the superfood blend, oats, cinnamon, baking powder, and sea salt. Add to the baking dish, completely covering the berries.
3. In a bowl, combine the maple syrup, eggs, vanilla extract, half the butter, and milk. Mix well and pour evenly onto the oats, making sure everything is completely submerged.
4. Garnish with the remaining berries, drizzle the remaining butter, and sprinkle on the sugar. Bake for 40 to 45 minutes or until the top is lightly golden. Serve warm or chilled with yogurt.