

Happy~Healthy~Blessed

Sunshine Baked Oatmeal Dish



Ingredients:

- 2 1/2 C. Ripe Strawberries, peaches, pineapple or mango, chopped small
- 1 C. rolled oats
- 3-4 T. Sucanat
- 1/16 t. Stevia, or 2 extra tbsp Sucanat
- 3 T. ground flaxmeal (or ground chia) (18g)
- 1/2 t. Real salt
- 3 1/2 T. Coconut Oil
- 2/3 C. milk of choice (coconut milk from the can is great)
- 1/2 t. pure vanilla extract
- Optional ingredients: 1/2 cup chopped walnuts or 1/2 cup shredded coconut
- 1/2 cup more milk of choice

Directions:

For the baked oats: Preheat oven to 375 F and lightly grease an 8-in square-baking pan. Combine first two ingredients in a bowl, and then pour in an even layer into the bottom of the pan. In a mixing bowl, combine all remaining ingredients but the last 1/2-cup milk, and stir to combine. Spread this evenly over the fruit then pour the remaining 1/2-cup milk evenly on top. Bake 35 minutes, then let sit 5 minutes before cutting into slices, using a knife or a very-large cookie cutter. Makes 4-6 servings.

Rejuvenate Refresh Relax