

Blueberry Baked Oatmeal

Ingredients:

2½ c. old-fashioned rolled oats
1 tsp. baking powder
½ tsp. ground cinnamon
½ tsp. kosher salt
1 large egg
1½ c. skim milk (or 2% or soy or almond milk)
½ c. plain Greek yogurt (optional: non-fat)
½ c. unsweetened applesauce
½ c. maple syrup
2 Tbsp. unsalted butter, melted
1½ tsp. vanilla
1½ c. fresh blueberries

Directions:

1. Preheat the oven to 375°F.
2. In a large bowl, combine the oats, baking powder, cinnamon and salt.
3. In a medium bowl, whisk together the egg, milk, yogurt, applesauce, maple syrup, melted butter and vanilla until smooth.
4. Add the wet ingredients to the dry ingredients and mix well. Carefully fold in the blueberries (so you don't break and burst them).
5. Transfer the batter to a well-greased 8x8 pan. It will be very full and liquidy.
6. Bake for about 35 minutes, until the edges are browned and the middle is set.
7. Let cool 5-10 minutes before slicing. (It needs a few minutes to set up so the baked oatmeal squares aren't crumbly when you cut them.)
8. Store, covered, at room temperature for up to 2 days. After that, these are best stored in the refrigerator so they don't get soggy. They freeze great, too.

Recipe notes:

- The batter is very liquidy and it will fill your pan almost all the way. Don't panic, that's just how it should be. The oats absorb that liquid and this doesn't really rise, so it's not going to spill over.
- You can add in ½ cup slivered almonds or sprinkle them on top if you love a blueberry-almond combo.
- You could add a drizzle of lemon glaze to make this extra special.