

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Baked Oatmeal

From *Super Natural Every Day* by Heidi Swanson

This is another version of baked oatmeal that we really enjoy.

2 cups rolled oats (NOT instant)
½ cup walnut pieces, toasted and chopped (or try it with another type of nut)
⅓ cup sucanat or maple syrup, plus more for serving
1 tsp aluminum-free baking powder
1 ½ tsp ground cinnamon
Scant ½ tsp fine-grain sea salt
2 cups milk (I like to use unsweetened coconut milk.)
1 large egg
3 Tbsp unsalted butter, melted and slightly cooled
2 tsp pure vanilla extract
2 ripe bananas, cut into ½-inch pieces
1 ½ cups blueberries, or mixed berries (or try it with any other fruit)

1. Preheat the oven to 375° with a rack in the top third of the oven. Generously butter the inside of an 8-inch square baking dish.
2. In a bowl, mix together oats, half the walnuts, the sucanat (if using that), the baking powder, cinnamon, and salt.
3. In another bowl, whisk together the maple syrup (if using that), the milk, egg, half of the butter, and the vanilla.
4. Arrange the bananas in a single layer in the bottom of the prepared baking dish. Sprinkle two-thirds of the berries over the top. Cover the fruit with the oat mixture. Slowly drizzle the milk mixture over the oats. Gently give the baking dish a couple thwacks on the countertop to make sure the milk moves through the oats. Scatter the remaining berries and remaining walnuts across the top.
5. Bake for 35 to 45 minutes, until the top is nicely golden and the oat mixture has set. Remove from the oven and let cool for a few minutes. Drizzle the remaining melted butter on the top and serve. Sprinkle with a bit more sucanat or drizzle with maple syrup if you want it a bit sweeter.