

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Blueberry Walnut Baked Oatmeal

From www.realmomkitchen.com

- 1/2 cup melted butter (you could also try coconut oil)
- 1/2 cup honey
- 2 eggs (beaten)
- 3 cup old fashioned oats
- 2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 tsp cinnamon
- 1 tsp vanilla
- 1 1/2 cups milk (Try using coconut or almond milk)
- 3/4 cup fresh blueberries
- 1/2 cup chopped walnuts

Instructions

1. In a large bowl, whisk together honey and eggs. Add a little of the melted butter to the egg mixture to temper it and whisk. Then add the remaining butter and whisk.
2. Add in the oats, baking powder, salt, cinnamon, vanilla and milk. Stir until well combined and then fold in blueberries and walnuts.
3. Spray an 8x8 inch baking dish with non-stick spray. Pour the oatmeal mixture into the dish and spread evenly. Bake at 350 degrees for 30-40 minutes or until golden brown. May be served with more milk and fruit on top, or even a little more honey, if desired.

You can switch up the type of fruit and nuts you use. Try raspberries with almonds, or apples with pecans.