

Blueberry Cinnamon Baked Oatmeal

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INGREDIENTS:

3 C 1% MILK
4 EGGS
1 C VEGETABLE OIL
1 C SUGAR
2 TSP BAKING POWDER
2 TSP SALT
¼ C GROUND FLAX
4 C OLD-FASHIONED OATS
4 C QUICK OATS
1 C BLUEBERRIES

TOPPING:

1 C BROWN SUGAR
2 TSP CINNAMON
¼ C SOFTENED BUTTER

DIRECTIONS:

MIX THE ABOVE INGREDIENTS FOR THE BAKED OATMEAL. PLACE IN A GREASED 9X13. SPRINKLE THE TOPPING ON TO THE OATMEAL MIXTURE. BAKE AT 350F FOR 45 MINUTES. PAIR WITH FROZEN SAUSAGES AND FRESH FRUIT. 12 SERVINGS.

TO FREEZE:

COOL COMPLETELY. FREEZE IN TIGHTLY SEALED 9X13 PAN. THAW OVERNIGHT IN FRIDGE AND BAKE ACCORDING TO DIRECTIONS ABOVE. CAN BE CUT INTO SQUARES AFTER BAKING AND FROZEN INDIVIDUALLY IN SMALL FREEZER BAGS. PLACE SQUARE INTO MICROWAVE SAFE BOWL AND REHEAT FOR APPROX 30 -45 SECONDS.

MACROS PER SERVING: 564 CALS 63G NET CARBS 29G FAT 11G PROTEIN