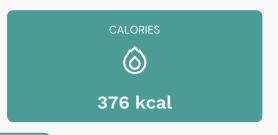


# **Baked Oatmeal**

READY IN
SERVINGS
45 min.

6 Gluten Free



MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

2 cups milk

2 cups rolled oats

1 teaspoon aluminum free baking soda
2 banana ripe cut into 1/2-inch/1 cm pieces
1 large eggs
1.5 teaspoons ground cinnamon
1.5 cups .5 oz/185 g huckleberries mixed
0.3 cup evaporated cane juice plus more for serving

O.5 teaspoons eas all fine-grain  3 tablespoons butter unsalted cooled melted  2 teaspoons vanilla extract pure  O.5 cup walnut pieces toasted chopped  Equipment  bowl  oven  whisk  baking pan  Directions  Preheat the oven to 375°F/190°C with a rack in the top third of the oven. Generously butter the inside of an 8-inch/20cm square baking dish.  In a bowl, mix together the oats, half the walnuts, the sugar, if using, the baking powder, cinnamon, and salt.  In another bowl, whisk together the maple syrup, if using, the milk, egg, half of the butter, and the vanilla.  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.  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 sugar or drizzle with maple syrup if you want it a bit sweeter.  Although I love this huckleberry version, feel free to substitute your favorite in-season berries, or any other fruit for that matter. Another version I love is made with plump, amaretto-soaked golden raisins in place of the berries and sliced almonds in place of the walnuts.			
2 teaspoons vanilla extract pure  0.5 cup walnut pieces toasted chopped  Equipment  bowl  oven  whisk  baking pan  Directions  Preheat the oven to 375°F/190°C with a rack in the top third of the oven. Generously butter the inside of an 8-inch/20cm square baking dish.  In a bowl, mix together the oats, half the walnuts, the sugar, if using, the baking powder, cinnamon, and salt.  In another bowl, whisk together the maple syrup, if using, the milk, egg, half of the butter, and the vanilla.  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.  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 sugar or drizzle with maple syrup if you want it a bit sweeter.  Although I love this huckleberry version, feel free to substitute your favorite in-season berries, or any other fruit for that matter. Another version I love is made with plump, amaretto-soaked		0.5 teaspoon sea salt fine-grain	
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### **Nutrition Facts**



### **Properties**

Glycemic Index:26.3, Glycemic Load:12.17, Inflammation Score:-5, Nutrition Score:14.626086924387%

#### **Flavonoids**

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

#### Nutrients (% of daily need)

Calories: 376.41kcal (18.82%), Fat: 17.39g (26.75%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 44.78g (16.28%), Sugar: 20.56g (22.84%), Cholesterol: 55.81mg (18.6%), Sodium: 298.21mg (12.97%), Alcohol: 0.46g (100%), Alcohol %: 0.24% (100%), Protein: 9.51g (19.03%), Manganese: 1.52mg (75.85%), Phosphorus: 320.05mg (32%), Calcium: 195.2mg (19.52%), Magnesium: 74.95mg (18.74%), Fiber: 4.67g (18.69%), Selenium: 12.87µg (18.39%), Vitamin B2: 0.26mg (15.13%), Copper: 0.3mg (15.11%), Vitamin B1: 0.23mg (15.01%), Vitamin B6: 0.29mg (14.44%), Potassium: 424.7mg (12.13%), Zinc: 1.8mg (12.02%), Iron: 1.98mg (11%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.53µg (8.75%), Vitamin A: 427.01IU (8.54%), Vitamin D: 1.17µg (7.78%), Folate: 30.23µg (7.56%), Vitamin C: 5.22mg (6.33%), Vitamin B3: 0.96mg (4.79%), Vitamin E: 0.52mg (3.49%), Vitamin K: 1.92µg (1.82%)