



Baked Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 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
- 2 cups milk
- 2 cups rolled oats

- 0.5 teaspoon sea salt fine-grain
- 3 tablespoons butter unsalted cooled melted
- 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 golden raisins in place of the berries and sliced almonds in place of the walnuts.

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Nutrition Facts

PROTEIN 9.7% **FAT 39.89%** **CARBS 50.41%**

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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 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%)