

ingredients

- 2 cups old-fashioned oats
- 2/3 cups pure maple syrup
- 1 cup chopped pecans or walnuts
- 1 tsp baking powder
- 2 tsp ground cinnamon 1/2
- tsp Himalayan salt
- 1/4 cup ground flax
- 2 large eggs
- 2 cups almond milk
- 1 tsp vanilla extract
- 3 tbsps melted coconut oil2
- 2 1/2 cups fresh or frozen blueberries



instructions

1. Preheat oven to 350°F and grease an 8-inch baking dish with coconut oil.
2. In a bowl, combine the oats, maple syrup, 1/4 cup of pecans, flax, baking powder, and salt.
3. In a separate bowl, whisk eggs, almond milk, and vanilla until well combined. Add the liquid mixture to the oat mixture, along with the melted coconut oil.
4. Scatter 2 cups of blueberries evenly over the bottom of the greased baking dish. Pour oatmeal mixture over and spread evenly. Sprinkle the remaining nuts and berries on top.
6. Bake for 45-55 minutes, until the oats are set and pecans begin to brown.
7. Note: this dish can be frozen after baking for up to three months.

Blueberry Flax Oatmeal Bake



6-8 servings



90 minutes

Nutrition highlight: Oatmeal provides a great source of dietary fiber, which helps keep blood sugar levels steady, preventing insulin spikes after meals. The use of flax in this recipe adds significant nutritional value as well. Flax is one of the richest sources of (plant-based) omega-3 fatty acids, which helps regulate cholesterol levels, promote cardiovascular health, balance blood sugar, and improve digestive health.