

# Deborah's Blueberry Maple Oatmeal Bites or Breakfast Bowl

Baked Oatmeal sweetened with pure maple syrup, juicy blueberries and pecans! You will love this healthy, filling oatmeal recipe! Make a pan and serve for breakfast or dessert, hot or cold!

## INGREDIENTS

2 cups old fashioned oats (I use 1 ½ Cup old fashioned and ½ Cup Steel Cut Oats for more crunch)

2 teaspoons ground cinnamon

1 teaspoon baking powder

1/2 teaspoon pink Himalayan salt

2 cups unsweetened almond milk (or milk of your choice)

1/3 cup pure maple syrup

4 tablespoons Coconut oil, melted and cooled to room temp. (can use unsalted butter if you prefer)

1 large egg

1 ½ teaspoons vanilla extract + 2 drops doTERRA Madagascar Vanilla

2 cups frozen wild blueberries (use one cup in batter, 1 cup on top)

½ cup broken up whole raw pecans (costco)

## INSTRUCTIONS

Preheat the oven to 350 degrees F. Use a 8x8-inch non-stick baking pan.

In a large bowl, mix together the oats, cinnamon, baking powder, and salt.

**IMPORTANT NOTE:** Measure out all your cold ingredients and let them come to room temp of 30 mins, except the frozen Blueberries.

In a medium bowl, whisk together the milk, maple syrup, melted coconut oil, egg, and the vanilla's. Pour the wet ingredients over the oat mixture and stir until combined. Gently fold in 1 cup of the frozen blueberries.

Pour the mixture into the prepared pan. Sprinkle the remaining blueberries and chopped nuts on top of the oats. **Bake for 40 minutes**, until the top is golden and oatmeal is set. Let cool for 5 minutes and serve warm. If you're cutting into squares, put in fridge for at least an hour to firm up for easy cutting.

Notes: If you need the recipe to be gluten-free, use gluten-free oats. If you need the recipe to be vegan, use a flax seed egg.

For Breakfast, pour a little almond milk and a little drizzle of Maple Syrup on Top.