

Recipe Card



Baked Oatmeal with Berries & Lentils

Recipe adapted from

<https://www.lentils.org/recipe/baked-oatmeal-with-berries-lentils/>

Prep Time: 10 Minutes

Total time: 50 Minutes

Servings: 8

Ingredients:

1 1/2 cup old-fashioned rolled oats

1/4 cup red lentils

1 teaspoon baking powder

1 teaspoon cinnamon

1/4 teaspoon fine sea salt

1 cup fresh or frozen blueberries, raspberries or both (seasonal option: shredded apple with peel)

1/3 cup shredded coconut (optional)

2 cup whole milk (or non-dairy milk of choice) (I used almond milk)

1/3 cup pure maple syrup

1 large egg

2 tablespoon butter, melted and cooled slightly

2 teaspoon vanilla extract

Directions:

1. Preheat the oven to 375°F.
2. In an 8-inch square (or similar-sized) baking dish, mix together the oats, lentils, baking powder, cinnamon, and salt. Scatter with berries and coconut.
3. In another bowl, whisk together the milk, maple syrup, egg, butter, and vanilla. Pour the mixture over the oats, and give it a gentle stir to distribute everything evenly.
4. Bake for 40 minutes, or until the top is golden and the oats have set. Serve warm, topped with yogurt, coconut cream, crème fraiche or milk. Leftovers reheat beautifully.

<http://www.healthiestbest.com/quick-and-healthy-meals>