

BECKY'S CLEAN OATMEAL BAKE

INGREDIENTS:

2 CUPS OLD FASHIONED OATS, OR STEEL CUT

3/4 CUP NATURAL MAPLE SYRUP

1 TABLESPOON CINNAMON

1 TSP BAKING POWDER

1 CUP RASPBERRIES OR BLUEBERRIES

1 CUP WALNUTS OR PECANS, HOWEVER YOU LIKE THEM

2 CUPS UNSWEETENED ALMOND MILK OR COCONUT MILK

1 LARGE EGG

1 TABLESPOON VANILLA EXTRACT

1 BANANA, PEELED AND SLICED (OPTIONAL)

PREHEAT THE OVEN TO 350 DEGREES.

IN A LARGE MIXING BOWL, COMBINE THE OATS, SYRUP, CINNAMON, BAKING POWDER, HALF OF THE BERRIES AND NUTS. MIX WELL.

IN A SEPARATE BOWL, WHISK THE MILK, EGG AND VANILLA. STIR UNTIL THE EGG AND VANILLA ARE TOTALLY BEATEN IN.

SPRAY A 9X13 PAN WITH COCONUT OIL COOKING SPRAY. SPREAD THE OATMEAL MIXTURE OUT EVENLY IN THE PAN. THEN ADD THE MILK MIXTURE EVENLY ON TOP. SHAKE THE PAN A LITTLE TO HELP SETTLE IT IN.

TOP IT WITH THE REMAINING BERRIES AND BANANA SLICES AND THROW IT IN THE OVEN FOR 35-40 MINUTES. LET IT COOL AWHILE BEFORE YOU EAT IT.