



# Baked Oats



## Ingredients

- 2 cups old-fashioned rolled oats
- $\frac{3}{4}$  cup sliced almonds
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1  $\frac{3}{4}$  cups milk (dairy or dairy free)
- $\frac{1}{4}$  cup raw honey
- 2 large eggs
- 2 tablespoons melted unsalted butter or coconut oil
- 2 teaspoons vanilla extract
- 2  $\frac{1}{2}$  cups frozen mixed berries

## Instructions

- Preheat the oven to 180°C. Grease a 20cm square baking dish.
- In a large bowl, stir together the oats, almonds, cinnamon, baking soda, and salt.
- In a separate medium bowl, whisk together the milk, honey, eggs, butter and vanilla.
- Pour the wet mixture into the dry, and mix until combined.
- Add the frozen berries and stir.
- Transfer the mixture to the greased baking dish. Use the back of a spoon to ensure the mixture is evenly spread in the oven dish.
- Bake for 40 to 45 minutes or until set. Serve immediately plain or top with a dollop of yoghurt and a drizzle of raw honey. Feel free to add some more fruit and almonds on top as a garnish.