

Peach Blueberry Baked Oatmeal

Ingredients

- 2 cups large flake rolled oats
- 1/2 cup toasted pecans, divided
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 cup maple syrup (could use honey)
- 2 cups milk
- 1 large egg
- 1 tablespoons melted coconut oil or butter, or canola oil *** to bring all wet ingredients to room temperature first if using butter or coconut oil or else it will re-harden when mixed**
- 1/2 tablespoon pure vanilla extract
- 3 cups sliced peaches (can use frozen)
- 2 cups blueberries (can use frozen)
- 1/2 cup unsweetened shredded coconut
- 3 tablespoons ground flax
- 3 tablespoons hemp hearts
- 1 scoop unflavoured whey protein (optional – has 14 g protein per serving without it)

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 432	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 155 mg	6 %
Potassium 562 mg	16 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 8 g	32 %
Sugars 24 g	
Protein 18 g	36 %
Vitamin A	11 %
Vitamin C	14 %
Calcium	17 %
Iron	20 %

Instructions

1. Preheat the oven to 375 degrees F, and grease the inside of a 9 x 13-inch baking dish.
2. In a large bowl, mix together the oats, 1/4 cup of the pecans, 1/4 cup of the coconut, flax seed, hemp hearts, protein powder, baking powder, cinnamon, ginger, and salt.
3. In another bowl, whisk together the maple syrup, milk, egg, oil or butter, and vanilla.
4. Sprinkle half of the peaches and blueberries over the bottom of the baking dish. (I use my hands to evenly distribute the fruit.) Cover the fruit with all of the dry oat mixture. Slowly drizzle the milk mixture over the oats. Scatter the remaining fruit, almonds, and coconut over the top.
5. Bake for 35 to 40 minutes or until the oat mixture has set. Remove from the oven and let cool for a few minutes.
6. This may be eaten immediately or made ahead and reheated or eaten cold. Store leftovers in the refrigerator. (I often prepare this the night before and like the way the flavors develop and the oatmeal sets as it sits overnight.) Leftover portions freeze well. Heat with a bit of milk.

