

BAKED STEEL CUT OATMEAL

Ingredients

1 C steel cut oats
1 C chopped walnuts
½ C dried cranberries
1 C shredded unsweetened coconut
¼ C chia seeds
1¼ tsp cinnamon
1½ tsp baking powder
1 tsp salt
2 C milk or almond milk
2 eggs
1 tsp vanilla
⅓ C maple syrup
1½ TBS coconut oil, melted + more for greasing the pan

Instructions

Preheat the oven to 375 and grease a large baking dish with coconut oil.

In a large mixing bowl, combine milk and eggs and beat until the yolks break and its mixes well. Add the vanilla, maple syrup and coconut oil and mix well to combine.

In a separate bowl, combine oats, walnuts, cranberries, shredded coconut, cinnamon, baking powder and salt.

Add the dry ingredients to the wet and combine, then pour it into the baking dish.

Bake for 45 minutes or until the top has browned and the middle is cooked through. Use a toothpick to check if needed.

Let the pan cool before serving.