



CINNAMON-SPICED BAKED OATMEAL

By: Eat To Live - Joel Fuhrman, M.D.

Serves: 3

Ingredients

- 1 C old-fashioned oats
- 1/3 C raisins or chopped unsulfured dried apricots
- 2 dates, chopped
- 2 Tbs ground flaxseed
- 1 C unsweetened nut or plant milk
- 2/3 C water
- 1 tsp alcohol-free vanilla extract
- 1 tsp cinnamon or pumpkin pie spice
- 1/2 C fresh or frozen (thawed) blueberries or other fruit of choice

Directions

Mix the oats, dried fruit, dates, flaxseed, plant milk, water, and spices in a mixing bowl, then place in a small baking dish.

For a 3x6-inch baking dish, bake 20-25 minutes or until most liquid is absorbed and the oats are golden brown, if using a larger baking dish, reduce the baking time.

After baking, top with blueberries. Serve hot or cold.

Nutrition per serving:

Calories: 348.7
Fat: 7.5 g
Sat. fat: 0.9 g
Carbohydrates: 65.6 g
Fiber: 9.4 g
Sugar: 35 g
Sodium: 28.7 mg
Protein: 7.8 g
Vitamin A: 31%
Vitamin C: 4%
Calcium: 7%
Iron: 18%