**Baked Oatmeal**

By Chef Jen

**Ingredients:**

- 2 cups old fashioned oats
- ¼ cup flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp salt
- 2 cups 1% milk OR non-dairy drink of your choice OR 6 Tbsp non-fat dried milk plus 1 7/8 cups water
- 1/3 cup pure maple syrup
- 4 Tbsp unsalted butter, melted and cooled to room temperature
- 1 large egg
- 1 ½ tsp vanilla extract
- 1 ½ cups mixed frozen berries, thawed and divided
- ½ cup chopped candied pecans, walnuts or almonds (optional)

**Preparation:**

1. Preheat the oven to 350° F. Grease an 8x8-inch baking pan with nonstick cooking spray and set aside.
2. In a large bowl, mix together the oats, cinnamon, flour, baking powder, and salt. (and dried milk powder if applicable)
3. In a medium bowl, whisk together the milk (or water), maple syrup, melted butter, egg, and vanilla. Pour the wet ingredients over the oat mixture and stir until combined. Gently fold in 1 cup of the berries.
4. Pour the mixture into the prepared pan. Sprinkle the remaining berries and chopped nuts (optional) on top of the oats.
5. Bake for 40-50 minutes, until the oatmeal is set and toothpick comes out clean. Let cool for 5 minutes and serve warm.