

Baked Berry Oatmeal

Ingredients:

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| Eggs | 2 |
| Milk | 3 cups |
| Quick oats | 3 cups |
| White sugar | 1/4 cup |
| Baking powder | 2 teaspoons |
| Frozen strawberries, blueberries or mixed berries | 2-3 cups |



Directions:

1. Preheat the oven to 375 °F (175 °C).
2. In a large bowl, use a fork or whisk to beat the eggs. Mix in milk.
3. Add oats, sugar and baking powder to the bowl and mix together.
4. Stir in frozen fruit.
5. Grease an 9 x 13" baking dish (or rectangular casserole dish) with oil or margarine. Spread oat mixture evenly into the dish.
6. Bake in the oven for 30-35 minutes, or until the centre no longer looks wet and the edges are golden brown. Cut into pieces and enjoy! Store leftovers in fridge.

Serves 6-8

Tips:

- Try topping the oat bake with vanilla yogurt or sliced bananas.
- Cut oatmeal into pieces and freeze in a freezer bag. Thaw a piece when you're hungry!
- Frozen fruit is just as nutritious as fresh fruit. In the winter, it is often cheaper than fresh fruit.