

BAKED BLUEBERRY OATMEAL

1 Tablespoon + 1/3 cup melted coconut oil or butter
2 Tablespoons coconut sugar, sucanat, or turbinado, divided
1 1/2-2 cups fresh or frozen blueberries
1/2 teaspoon cinnamon
1/2 cup milk
1/4 cup maple syrup
2 eggs
1 teaspoon vanilla
2 cups old fashioned oats (for gluten-free, make sure to be certified gluten-free oats such as Bob's Red Mill brand)
1/4 cup ground flax seed
1/4 cup shredded coconut
2 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/4 cup sliced almonds

Preheat the oven to 350°F. Lightly grease an 8x8 pan. Melt coconut oil or butter and pour 1 Tablespoon in bottom of the pan. Pour fruit into the pan and sprinkle with 1 Tablespoon sugar and cinnamon. Set aside.

In a bowl mix together the milk, maple syrup, eggs, vanilla, and remaining melted coconut oil.

In another bowl, whisk together the oats, flax seed, coconut, baking powder, baking soda, and salt. Stir the wet ingredients into the dry and mix well. Pour mixture over the fruit and smooth the top. Sprinkle the top with almonds and remaining 1 Tablespoon of sugar.

Bake for 40 to 50 minutes, or until browned on the top and blueberries are bubbly. Cool slightly. Serve with milk.