

Oatmeal Breakfast Bake with Berries & Almonds

Recipe Type: Breakfast

Serves: 8

Prep Time: 10 minutes

Cooking Time: 60 minutes

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 3 C rolled oats
- 3 C unsweetened soy milk
- ¼ C honey
- ½ C raisins
- 1 t vanilla extract
- 1 t ground cinnamon
- ¾ C water
- 2 C fresh or frozen blueberries
- ½ C sliced almonds



Contains Soy and Tree Nuts

What to do:

1. Preheat oven to 350°F.
2. Wash your hands.
3. In large baking dish combine the rolled oats, soy milk, honey, raisins, vanilla extract, and ground cinnamon.
4. Add ¾ cup water and mix well.
5. Top oatmeal mixture with blueberries and almonds.
6. Bake for 40 to 50 minutes or until bubbly around edges and heated through.
7. Let stand for 10 minutes. Serve warm.
8. Enjoy!

Nutrition Facts

8 servings per container	
Serving size	1 Piece (185g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 21g	
Includes 9g Added Sugars	18%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 154mg	10%
Iron 2mg	10%
Potassium 303mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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