
BAKED BERRY OATMEAL

 VGN, RSF  40 mins  6



Ingredients

- *1½ cups rolled oats*
- *¾ cup quick oats*
- *2 tbs ground flax*
- *¼ cup whole flax*
- *2 tbs psyllium husks*
- *3 tbs chia seeds*
- *¾ cups pumpkin seeds*
- *¼ cup sunflower seeds*
- *1 tbs cinnamon powder*
- *A pinch salt*
- *2 cups frozen or fresh mixed berries*
- *2 tbs coconut oil*
- *¼ cup maple syrup*
- *1 tsp vanilla*
- *3 cups almond milk*



Method

1. *Pre-heat your oven to 190 degrees.*
2. *Place all the ingredients into a mixing bowl and mix until combined.*
3. *Pour oatmeal batter into a medium sized oven dish and place in the oven.*
4. *Bake for 30 mins.*
5. *Take the dish out of the oven and let it cool for 5 - 10 mins.*
6. *Serve with extra berries and almond milk.*
Delish!

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