



# 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!*

GATHER & FEAST

Discover more great recipes, resources and styling tips by visiting:

[www.gatherandfeast.com](http://www.gatherandfeast.com)