

# Blueberry Coconut Baked Oatmeal

Serves: 8

Total Time: 1 hour 10 minutes

## Ingredients

2 tablespoons ground flaxseed  
6 tablespoons warm water  
2 cups whole rolled oats  
½ cup slivered almonds  
½ cup hemp seeds  
2/3 cup coconut flakes  
¼ cup brown sugar or coconut sugar  
1 teaspoon baking powder  
1 teaspoon cinnamon  
¾ teaspoon sea salt  
¾ cup vanilla almond milk unsweetened  
¼ cup maple syrup  
3 tablespoons melted coconut oil  
1 banana, chopped  
1 cup strawberries, sliced  
½ cup blueberries

## Directions

Preheat the oven to 350°F and spray an 8x8inch baking dish with cooking spray. In a small bowl, combine the flaxseed and warm water and set aside to thicken for about 5 minutes.

Reserve 2 tablespoons of the almonds, hemp seeds and coconut flakes and set aside. In a large bowl combine the oats, remaining almonds, hemp seeds and coconut flakes, baking powder, cinnamon, brown sugar and salt.

In a medium bowl, combine the almond milk, maple syrup and blend until smooth. Pour the wet ingredients into the bowl of the dry ingredients and stir to combine.

Layer the bananas and strawberries in the baking dish and spread the oat mixture on top. Sprinkle with the blueberries and the reserved almonds, hemp seeds and coconut flakes.

Bake for 40-50 minutes or until the top is crisp and the middle is set. To check the middle, wedge a knife into the center to make sure the middle has thickened. Remove and let cool for 15 minutes before serving.