

Get your Bake On: Baked Blueberry Breakfast Oats

In a futile bid to stop the summer belly bulge, I have tried to eat a bit better this week (if you don't include the fish and chip supper Wednesday and the copious amount of cake I ate Sunday. Ahem). Why does stuff that's bad for you have to taste so good?!

Since I was little, breakfast has been my nemesis. I've always struggled to eat too early in the morning (unless it's a Bacon Sarnie/fry up obv) and so I figured that if I make something ahead of time, I then have to eat it so it doesn't go to waste. I have tried overnight oats and bircher muesli which are quite nice but when I saw a recipe similar to this one I'm sharing with you all over on Pinterest the other day, I had to have a tinker with it and see what I could come up with.

Despite the fact it might look a bit like a crumble, these baked blueberry breakfast oats are in fact not very sweet at all. Served warm with some cool and creamy vanilla yoghurt (or whatever you fancy) this is the perfect for fuelling you up until lunchtime.

Why not try this recipe with some different fruit of your choice? Some raspberries would work equally well, as would stewed apples or pears.

LIFE IS KNUTTS

GET YOUR BAKE ON

BAKED BLUEBERRY BREAKFAST OATS

SERVES:

MAKES 4 GENEROUS SERVINGS

TOTAL TIME:

5 MINS PREP & 35 MINS COOK

INGREDIENTS:

680G PORRIDGE OATS

1 TSP BAKING POWDER

460ML MILK

5 TBSP HONEY

2 TBSP MELTED UNSALTED BUTTER

1 EGG

2 TSP VANILLA EXTRACT

480G BLUEBERRIES (OR YOUR
ALTERNATIVE CHOSEN FRUIT)

2 TSP CINNAMON

DIRECTIONS:

* Grease a baking dish (the one I used was a 8x8 oval) and preheat oven to 180'c (fan)

* Place the oats, cinnamon powder & baking powder in a bowl.

* In a separate bowl, place the milk, honey, melted butter, egg and vanilla extract and mix.

* Pour in the oats/baking powder mixture and stir.

* Add the Blueberries and stir.

* Pour the combined blueberry and oat mixture into your greased dish and bake in the oven for 35 minutes until golden and bubbling.

* Serve warm with some cold vanilla yoghurt on top.

(Any leftovers can be cooled, covered and then kept in the fridge for up to 2 days before reheating).



*Baked Blueberry
Breakfast Oats*

