Baked Oatmeal

INGREDIENTS

- **1 ½ cups** milk (dairy or plant-based)
- **2** eggs, at room temperature
- **½ cup** sweetener—maple syrup, brown sugar, or Swerve Brown all work great
- **¼ cup** (half stick) butter, melted
- **1 ½ teaspoon** baking powder
- **1 ½ teaspoon** vanilla extract
- **1 teaspoon** cinnamon
- **¼ teaspoon** salt
- **3 cups** old-fashioned oats
- **1 cup** stir-ins like fresh berries, chopped nuts, or chocolate chips (optional)

For Banana Variation

- **2 overripe** bananas, mashed
- **Decrease to 1 cup** milk (rather than 1 ½ cups)
- **Everything else** as above

INSTRUCTIONS

1. **Prepare**. Preheat oven to 350°F. Grease an 8x8 baking dish or a 2-qt oblong dish.

2. **Whisk (and mash, if relevant)**. If you're doing the banana variation, mash up your bananas and then move to the whisking; if you're doing plain or fresh fruit variations, go straight to whisking together milk, eggs, sweetener, butter, baking powder, vanilla, cinnamon, and salt.

3. **Mix.** Mix in the oats. If you're using any stir-ins like berried, nuts, or chocolate chips, stir them in last.

4. **Pour**. Pour the oats mixture into your prepared baking dish and smooth the top.

5. **Bake**. For 30-40 minutes or until it's set and no longer wet-looking.

6. **Serve**. Let cool for 5 minutes and then cut into squares. Serve with milk, syrup, honey, or whatever strikes your fancy. My family loves adding a bit of peanut butter and syrup to the base recipe and then pouring milk overtop!