



BLUEBERRY OAT BAKE

RECIPE BY: TEAM WELLBE



VEGETARIAN VEGAN

DIFFICULTY: EASY - INTERMEDIATE

TIME: 10 MIN PREP + 50 MIN COOK

SERVES: 8

This recipe makes for an amazing breakfast or even a dessert! Use any berry of choice.

METHOD

Preheat the oven to 180°C and spray an 8x8-inch (or similar) baking dish with cooking spray. In a small bowl, combine flaxseed and warm water and set aside to thicken (about 5 mins). Reserve 2 Tbsp of almonds and coconut flakes and set aside. In a large bowl combine the oats, the remaining almonds and coconut flakes, and the baking powder, cinnamon, sugar and salt. In a medium bowl, combine the almond milk, maple syrup and coconut oil and whisk to combine. Stir in the flaxseed mixture and blend until smooth. Pour the wet ingredients into the bowl of 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 mins or until the top is crisp and the middle is set. I find it easiest to wedge a knife in and make sure the middle has thickened nicely. Remove and let cool for 15 mins before serving.

INGREDIENTS

- 2 Tbsp ground flaxseed + 6 Tbsp warm water
- 2 cups whole rolled oats
- ½ cup slivered almonds
- ⅔ cup coconut flakes
- ¼ cup brown/coconut sugar
- 1 tsp baking powder & cinnamon
- ¾ tsp sea salt
- ¾ cup almond milk
- ¼ cup honey or maple syrup
- 3 Tbsp melted coconut oil or butter (if not vegan)
- 1 banana, chopped
- 1 cup strawberries, sliced
- ½ cup blueberries