



Love your heart.

HEART-HEALTHY RECIPES

Blueberry Almond Baked Oatmeal

Serves approximately 9

Ingredients:

2¾ cups old fashioned oats
1½ Tbsp chia seeds
1 tsp baking powder
½ tsp cinnamon
¼ tsp nutmeg
⅓ cup maple syrup
1 banana, mashed
2 whole eggs
1½ cups milk
¼ cup melted butter
2 tsp vanilla extract
¼ cup almonds
1½ cups blueberries

Instructions:

1. Preheat oven to 375°.
2. Spray an 8x8 baking dish.
3. In a bowl, combine all of the ingredients and mix well.
4. Transfer to prepared dish and bake for 30-35 minutes or until set.
5. Let sit for 10 minutes before serving.