



## Blended Blueberry Baked Oats

2 servings

30 minutes

### Ingredients

2 milliliters Coconut Oil  
61 grams Oats  
120 milliliters Oat Milk  
20 grams Maple Syrup  
1 Egg  
1 gram Baking Powder  
2 milliliters Vanilla Extract  
49 grams Blueberries

### Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg, baking powder, and vanilla. Blend on high until very smooth, about one minute. Fold in the blueberries.
- 3 Divide the oat mixture evenly between ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving:** These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

**More Flavor:** Add ground cinnamon.

**Additional Toppings:** Add nut or seed butter into the mix when blending. Or top with nut or seed butter.