THE LIGHTER PLATE METHOD

# Blueberry Baked Oats

Bakes up like a warm, cakey pudding with pockets of burst blueberry.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **8 min** | **22 min** | **30 min** | **4** | **EASY** |

## Ingredients

- 160 g porridge oats
- 200 g blueberries
- 2  eggs
- 350 ml semi-skimmed milk
- 1 tsp vanilla extract
- 3 tbsp maple syrup
- 1 tsp baking powder

## Method

1. Heat the oven to 190°C / 170°C fan and lightly oil a medium baking dish.
2. Whisk the eggs, milk, vanilla and maple syrup together in a jug.
3. Stir the oats and baking powder together in the dish, then pour over the egg mixture and mix.
4. Scatter the blueberries over the top, pressing some in and leaving some proud.
5. Bake for 20–22 minutes, until set with a gentle wobble and golden at the edges. Rest for 5 minutes before cutting.

## Tips & swaps

- This is the batch-cook of the breakfast section: it feeds four, or one person for four mornings. Reheat a slice in the microwave for 45 seconds.

## Storage & reheating

Keeps in the fridge for 4 days; reheat a slice for 45 seconds in the microwave.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **260** | **10g** | **40g** | **7g** | **5g** |

*Estimated values, for guidance only. Contains: Oats (gluten), Egg, Milk.*