

Baked Blueberry Oatmeal—adapted preventionrd.com

- 1 Meyer lemon, zested and juiced (any lemon will do, but the flavor of a Meyer is wonderful!)
- 2 cups non-fat milk
- 2 ½ cups old-fashioned rolled oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 2 Tablespoon butter, melted and cooled
- 1 egg
- ½ cup brown sugar
- 2 cups of blueberries, fresh or frozen

Preheat the oven to 375 degrees. Grease an 8-inch baking dish with butter, cooking spray, or oil.

Zest the lemon and set the zest aside. Measure the milk, then add the juice from the lemon, creating “buttermilk”.

In a medium bowl, combine the oats, baking powder, salt, spices, and lemon zest. In a small bowl, whisk the “buttermilk”, butter, egg, and sugar.

Spoon half of the oat mixture into the baking dish, and then half of the blueberries. Add the remaining oat mixture and scatter the remaining blueberries on the top, pressing them in slightly. Pour in the milk mixture and put it in the oven.

Bake for 35- 45 minutes or until it is lightly golden brown along the edges and set in the center.

Reheats easily in the microwave for breakfast. Each person can adjust the sweetness with honey, brown sugar, agave syrup, etc ... Cream or milk might be desired as well as a little extra butter pat.