



BAKED OATMEAL

INGREDIENTS

6 Cups of Oats
1 Cup Oil
4 Eggs
1 tsp Baking Powder
1.5 Cups Brown Sugar
1 tsp cinnamon
a pinch of salt

DIRECTIONS

1. Preheat Oven to 350 degrees F .
2. In a mixing bowl combine oats, oil, eggs, baking powder, brown sugar, cinnamon, and salt. Mix together so the eggs are well beaten and the mixture is well mixed.
3. Pour in a greased 9x13 pan
4. Bake for 3-40 minutes or until the center is set (should be slightly jiggly but not liquid)
5. Serve as is or in a bowl topped with warm milk!

NOTES

I like to use a sprouted gluten free oat but any oat will do! This is a great recipe to prep and then have through out the week!