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## **Baked Oatmeal with Berries and Lentils**

1 1/2 cups old-fashioned rolled oats  
1/4 cup dry red lentils  
1 tsp. baking soda  
1 tsp. cinnamon  
1/4 tsp. fine sea salt  
1 cup fresh or frozen blueberries, raspberries or both  
1/3 cup shredded coconut (optional)  
2 cups milk (almond, rice, hemp, etc.)  
1/3 cup pure organic maple syrup  
1 large egg  
2 Tbsp. coconut oil, melted and cooled slightly  
2 tsp. vanilla

Preheat the oven to 375°F.

In an 8-inch square (or similar-sized) baking dish, mix together the oats, lentils, baking soda, cinnamon, coconut and salt. Mix in berries.

In another bowl, whisk together the milk, maple syrup, egg, coconut oil and vanilla. Pour the mixture over the oats, and give it a gentle stir to distribute everything evenly.

Bake for 40 minutes, or until the top is golden and the oats have set.

Note: This dish can be made the night before and then baked in the morning to save a little time.