



# Love your heart.

## HEART-HEALTHY RECIPES

### Blueberry Almond Baked Oatmeal

Serves approximately 9

#### Ingredients:

2¾ cups old fashioned oats  
1½ Tbsp chia seeds  
1 tsp baking powder  
½ tsp cinnamon  
¼ tsp nutmeg  
⅓ cup maple syrup  
1 banana, mashed  
2 whole eggs  
1½ cups milk  
¼ cup melted butter  
2 tsp vanilla extract  
¼ cup almonds  
1½ cups blueberries

#### Instructions:

1. Preheat oven to 375°.
2. Spray an 8x8 baking dish.
3. In a bowl, combine all of the ingredients and mix well.
4. Transfer to prepared dish and bake for 30-35 minutes or until set.
5. Let sit for 10 minutes before serving.