



# Almond-Oat Berry Bake

Makes a 2 quart casserole  
Bake in a pre-heated 375° oven

## INGREDIENTS

2  $\frac{3}{4}$  cups coconut milk or low fat milk  
 $\frac{1}{4}$  cup butter, melted  
1 tablespoon vanilla extract



1 cup old fashioned oats, chopped  
1 cup quinoa  
 $\frac{1}{2}$  cup toasted slivered almonds  
 $\frac{1}{2}$  cup brown sugar  
2 tablespoons chia seeds  
1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt



1 cup blueberries  
2 cups fresh strawberries hulled and quartered



## DIRECTIONS

Whisk together in a medium bowl and set aside.

Place ingredients in a 2 quart baking dish coated with nonstick cooking spray. Pour milk mixture from above over all and stir to mix.

Spread evenly over above mixture. **Bake at 375° for 45 minutes**, or until almost all liquid has been absorbed. Let stand for 5 minute before serving. Serve warm. May be served with milk or yogurt.

