

Blueberry Oatmeal Bake (Budín de Avena con Arándanos)

A delicious and nutritious oatmeal bake infused with juicy blueberries, perfect for a healthy breakfast or snack. This recipe is simple to prepare and packed with flavor, making it a delightful treat for any time of the day.


30 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1/2 cup almond milk (or milk of choice)
- 1/4 cup blueberries (fresh or frozen)
- 1 tablespoon honey or maple syrup
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon baking powder
- A pinch of salt
- 1 tablespoon chopped nuts (optional)

Steps

- 1 Preheat your oven to 350°F (175°C).
- 2 In a mixing bowl, combine the rolled oats, almond milk, honey (or maple syrup), vanilla extract, baking powder, and salt. Mix well.
- 3 Gently fold in the blueberries and nuts if using.
- 4 Pour the mixture into a small greased baking dish or ramekin.
- 5 Bake for 20-25 minutes, or until the top is golden and set.
- 6 Allow to cool slightly before serving. Enjoy warm!