GLOBAL · BREAKFAST

Blueberry Pie Baked Oats

50 min | Serves 4 | 367 kcal a serve | Video 3:36 · fitfoodieselma

Vegetarian | No dairy listed

Oats, banana and blueberries give about 8 g fibre per serve, and eggs add protein; it is sweetened mostly by ripe fruit, with about 9 g of added sugar from the maple syrup.

Diet notes: Low saturated fat (1.8 g, 4% of the energy).

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Ingredients 8 · SERVES 4

- [ ] 2 **ripe bananas**, mashed
- [ ] 3 **eggs**
- [ ] 3 tbsp **maple syrup** (or your favourite sweetener)
- [ ] 480 ml **almond milk** (or any milk)
- [ ] 180 g **gluten-free oats** (or buckwheat flakes)
- [ ] 1 tbsp **baking powder**
- [ ] 1 tbsp **cinnamon**
- [ ] 150 g **frozen or fresh blueberries**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Use a baking dish about 30 × 20 cm; you can mix everything in the same dish.
2. Mash the bananas, then stir in the eggs and maple syrup until combined. 0:45
3. Add the oats, cinnamon, baking powder and almond milk and stir carefully until combined. 1:13
4. Fold in the blueberries, saving a few for the top if you like, and spread evenly in the dish. 1:46
5. Bake for about 40 minutes. Let it cool for a few minutes, then cut into pieces. Eat warm or cold. 2:06

> **Tip** Serves 4 (our estimate; the cook doesn't say). Keeps in the fridge for the week; reheat in the microwave or eat cold. Use less maple syrup for less sugar, and serve with yoghurt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
367 kcal	**12** g	**63** g	**8.4** g	**8.5** g	**510** mg
1,530 kJ	25% of a day	55 g net · 21 g sugars	30% of a day	1.8 g saturated	22% of a day
		23% of a day		11% of a day	

Energy from net carbs 64% · protein 14% · fat 22%

High in (20%+ of a day) Selenium 47% · Vitamin E 28% · Zinc 24% · Calcium 23% · Magnesium 23% · Vitamin B6 20%

Source of (10–19%) Iron 18% · Vitamin B12 17% · Potassium 12% · Folate 12% · Vitamin C 10% · Vitamin D 10%

Recipe and video: fitfoodieselma (@fitfoodieselma) on YouTube — youtube.com/watch?v=3Zx-ND7CTH8, published 1 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ffs-blueberry-pie-baked-oats