

# Baked Oatmeal

**Yield:** 16 servings

## Ingredients

- 1 cup oatmeal
- 1 cup quinoa
- 3 or 4 ripe bananas, sliced
- 2 cups blueberries
- 1 cup raspberries
- 4 cups milk
- 4 eggs
- 2 scoops protein powder
- 2 teaspoons vanilla
- 1 teaspoon cinnamon
- 1 dash of salt
- ½ cup coconut (toasted, optional)



## Ingredients

1. Preheat oven to 375 degrees. Prepare large baking dish with cooking spray.
2. Rinse the quinoa and oats until the water runs clear. Drain well.
3. Layer half the fruit in baking dish. Cover with the quinoa and oats, then cover with remaining fruit.
4. In a large mixing bowl, whisk together milk, eggs, protein powder, vanilla, cinnamon, and salt.
5. Slowly pour the liquid mixture over the fruit and grain.
6. Sprinkle coconut flakes over the top.
7. Bake until golden brown and dry on top, about an hour to an hour and 15 minutes.
8. Let set for an hour before serving.