

BAKED BERRY OATMEAL

Mix together the following ingredients;

Beat together:

½ cup of vegetable oil

¼ cup of brown sugar

2 eggs

1 tea spoon of baking powder

Add;

3 cups of regular oats

1 cup of milk

- Mix together
- Pour in a baking dish
- Top with your favorite berries
- 350 degrees for 25 minutes

Optional; you can add flax seed and hemp hearts for an extra nutty flavor.