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Prevent and Protect
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BAKED LEMON AND VANILLA OATMEAL WITH STRAWBERRIES

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- 5 cups whole milk
- 2/3 cup plus 2 tablespoons sugar, divided
- 2 teaspoons vanilla extract
- 1 teaspoon kosher salt
- 1 teaspoon lemon zest
- 1/2 teaspoon ground nutmeg
- 4 cups old-fashioned rolled oats
- 1 pound strawberries, sliced
- 1/2 cup packed fresh mint leaves, thinly sliced
- 1 teaspoon balsamic vinegar

- Preheat oven to 350. Lightly grease a 9" x 13" baking dish with cooking spray; sit aside. In a large bowl, whisk together milk, 2/3 cups sugar, vanilla, salt, lemon zest, and nutmeg. Add oats and stir to combine. Transfer to prepared dish and spread out evenly. (At this point, the oatmeal can be baked immediately or covered and refrigerated overnight.).
- Bake, stirring halfway through, until mixture is thick and oats are tender, about 30 minutes. Set aside 5 minutes to let cool and thicken.
- Meanwhile, make strawberry topping: in a medium bowl, toss together berries, mint, remaining 2 tablespoons sugar, and vinegar; set aside 15 minutes. To serve, spoon oatmeal into bowls and add strawberry topping.