



**From the Kitchen  
of  
Executive Chef  
Jessica VanRoo**



## Coconut Nut Chocolate Baked Oatmeal

Serves 8, cut into 16 squares, 2 squares per serving

**Description from Live Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

This tasty twist on oatmeal calls for two high-fiber ingredients: rolled oats and chopped nuts. And instead of sugar, it gets its sweetness from natural sweeteners such as honey, agave syrup or maple syrup.

Total cost of recipe: \$3.90/\$0.49 per serving

### Ingredients

- 2 cups rolled oats
- 1/4 cup nuts, chopped
- 1/3 cup shredded unsweetened coconut
- 1 teaspoon baking powder
- 1 1/2 cups unsweetened almond or coconut milk
- 2 eggs
- 1/3 cup agave nectar, maple syrup or honey
- 1/2 teaspoon almond or vanilla extract
- 1/4 cup coconut oil, melted
- 6 tablespoons mini chocolate chips

### Instructions

1. Preheat your oven to 350 degrees and spray an 8"x8" baking sheet with cooking spray.
2. Combine oats, nuts, coconut and baking powder. Mix well.
3. In another mixing bowl, whisk together milk with eggs, sweetener, extract and coconut oil.
4. Combine the wet ingredients with the dry. Stir in chocolate, and spread in prepared pan. Bake oatmeal for 20-25 minutes or until firm and golden brown. Cool for a few minutes and cut. Serve with extra agave, if desired.
5. Store in the refrigerator for up to five days, or freeze up to three months.