

Almond Joy Baked Oatmeal

Ingredients (serves 1)

- 1/2 cup rolled oats (I use Country Choice Organic)
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1 heaping tablespoon unsweetened cocoa
- pinch of salt
- 1/3 cup milk of choice
- 1/4 tsp vanilla extract
- 1/2 tsp almond extract (can add a touch more or less to taste)
- 3 tablespoons coconut (divided)
- 1 teaspoon honey
- 1 tablespoon sliced almonds

Instructions

1. Preheat oven to 350 degrees F. Spray a single-serving ramekin with nonstick cooking spray.
2. In a small bowl, mix oats, cocoa, baking powder, baking soda, and salt until combined.
3. In a medium-sized bowl, mix together milk, vanilla extract, almond extract, 2 tablespoons coconut, honey, sliced almonds.
4. Add dry ingredients to mix ingredients and stir until combined.
5. Pour into the prepared ramekin. **Bake for 14 minutes.**
6. After 14 minutes, sprinkle remaining 1 tablespoon coconut on top. **Bake for 6-7 more minutes.**
7. NOTE – after I had a couple of bites, I added a splash of milk to the bowl to give it a bit of a more oatmeal-like consistency. This is optional as it is good with or without the extra milk. 😊

Nutrition Info

Calories – 361

Carbs – 51g

Fat – 16g

Protein – 11g

Potassium – 470mg

Sugars – 16g

Fiber – 10g

Sodium – 552mg

Cholesterol – 0mg

Calcium – 29%

Vitamin C – 0%

Vitamin A – 5%

Iron – 18%