

Baked Oatmeal
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Prep Time: 5 minutes
Cook Time: 45 minutes
Total Time: 50 minutes

Servings: 6

Ingredients

3 tablespoons unsalted butter, melted, plus more for greasing
2 cups milk (dairy or non-dairy)
1 large egg
¼ cup brown sugar, lightly packed
2 tablespoons maple syrup or honey, plus more for serving
1½ teaspoons vanilla extract
2 cups old-fashioned oats
1 teaspoon baking powder
1 teaspoon ground cinnamon
1 teaspoon kosher salt (such as Diamond Kosher)
1 cup berries or diced banana; ½ cup chopped, dried fruit; or a combination (optional)
½ cup chopped, toasted nuts, pumpkin seeds or coconut flakes, or a combination (optional)

Preparation

1. Heat the oven to 350 degrees and grease an 8-by-8-inch baking pan with butter.
2. In a large bowl, combine the milk, egg, brown sugar, maple syrup, melted butter and vanilla; whisk until smooth. Add the oats, baking powder, cinnamon and salt, and stir until combined.
3. Pour the mixture into the prepared pan. Sprinkle the fruit and nuts evenly on top, if using. Bake, uncovered, until just set in the center, 35 to 40 minutes. Cool for 5 minutes, then scoop onto plates or cut into squares and serve with additional maple syrup on the side, if desired.

TIP - Cover leftover baked oatmeal with foil and refrigerate for up to 5 days. Reheat, covered, at 350 degrees for 15 to 20 minutes, until heated through. You can also reheat individual portions in the microwave for 30 seconds to 1 minute.