

# TRIPLE BERRY QUINOA OATMEAL BAKE

18-20 Servings

## INGREDIENTS

- 1 cup cooked quinoa
- 2 ¼ cups quick oatmeal
- ½ Tablespoon baking powder
- 1 cup brown sugar or ½ cup maple syrup
- 1 Tablespoon cinnamon
- 1 ½ cups frozen blueberries
- ¾ cup frozen raspberries
- ¾ cup frozen strawberries
- 2 ½ cups milk
- 3 eggs (or chia "egg")
- ½ cup unsweetened apple sauce



## DIRECTIONS

1. Preheat oven to 350F.
2. In a large bowl, add all dry ingredients and stir to combine. Make a well in the centre.
3. Add wet ingredients to dry and stir well to combine.
4. Pour into a 9x13 baking dish.
5. Bake for 45-60 minutes until a toothpick inserted in the centre comes out clean.

### ALLERGEN TIP:

Chia eggs are a great vegan and allergy-friendly substitute for eggs!

To make one chia egg: mix 1 Tablespoon of chia seeds and add 3 Tablespoons of warm water, let bloom in a bowl for 10 minutes (it will be jelly-like). Add to the recipe as needed.



### HOW TO COOK QUINOA:

Combine 1 cup of quinoa and 2 cups of water on the stove in a sauce pan. Bring to a boil then reduce heat to a simmer, cover and cook for 15 minutes or until water is absorbed.

You can make the quinoa a day before and store in the fridge overnight until you are ready to bake.

**Thank you to  
Ruth Betts Community School  
for the recipe!**