

# Blueberry Baked Oatmeal

1 medium lemon  
2 cups nonfat milk  
2 1/2 cups old-fashioned rolled oats  
1 tsp. baking powder  
1/2 tsp. kosher salt (or 1/4 tsp. table salt)  
1/2 tsp. nutmeg, freshly grated if possible  
1/2 tsp. cinnamon  
2 tbsp. butter, melted and cooled  
1 egg  
1/3 cup sugar  
2 cups blueberries, fresh or frozen

1. Preheat the oven to 375°. Spray an 8-inch square baking dish with nonstick spray and set aside.
2. Zest lemon; set zest aside (remember you only want the yellow parts, not the white underneath). In a bowl, combine milk and juice from the zested lemon to make "buttermilk".
3. In a medium bowl, combine the oats, baking powder, salt, spices, and lemon zest. In a small bowl, whisk together the "buttermilk", butter, egg, and sugar.
4. Spoon half of the oat mixture into the baking dish, and then half of the blueberries. Add the remaining oat mixture and scatter the remaining blueberries on to the top, pressing them in slightly. Pour in the milk mixture and place in oven.
5. Bake for 35 to 45 minutes, or until the mixture is a light golden brown along the edges, and the center has set up. Serve warm. Store leftovers in the refrigerator in a covered dish for up to 5 days.

**Recipe Source:**

<http://www.preventionrd.com/2012/06/meatless-monday-meyer-lemon-blueberry-baked-oatmeal/>