

## Lemon Poppy Seed Baked Oatmeal

Serves 3-4

### Ingredients

- 1 and ½ cups rolled oats
- 2 cups vanilla soy or almond milk
- ¼ cup lemon juice
- ¾ cup water
- Zest of one lemon
- 2 tbsp. pure maple syrup or agave nectar
- 1 tsp. vanilla extract
- 1 tbsp. poppy seeds
- Optional toppings: fresh or frozen and thawed berries, nuts, peanut butter, dried fruits



### Directions

- 1) Preheat the oven to 350 degrees. Get out a small casserole or baking dish.
- 2) In a medium saucepan, bring the oats, soymilk, and water to a boil (makes sure to keep an eye on it—oatmeal tends to boil over and make a mess if you don't watch it).
- 3) Stir in the lemon juice and zest, maple syrup or agave, vanilla, and poppy seeds. Simmer for about 5 minutes, or just until the oats have absorbed all of the liquid.
- 4) Transfer the oatmeal to the casserole dish and bake on the upper rack of the oven for 20 minutes, or until the top is slightly golden.
- 5) Top with anything you want and enjoy warm!