

WeMentor OatBake

Plant-Based

(by Nancy Meyer, 4/8/2022)



Prep time: 75 minutes

Baking Pan: 10" x 7"

Serves: 12 to 15

Oven: 375 degrees

Pre-Bake Time: 15 minutes

**Combined Ingredients
Bake Time:** 45 minutes

Pre-Bake Ingredients: 2 to 3 Bananas, Frozen or Raw Blueberries, Cinnamon

Pre-Bake Directions: Slice 2 to 3 Bananas and place them covering the bottom of the pan. Sprinkle 1 ½ cups of frozen or raw Blueberries on top of bananas. Sprinkle ½ tsp. of Cinnamon (or more) over the blueberries and bananas. Cover with tin foil and bake in the oven for 15 minutes. While the prebake is in the oven, mix dry and wet ingredients in separate bowls.

Dry Ingredients

- 1 c. Chopped Walnuts
- 2 c. Uncooked Steele Cut Oats
- 1 tsp. Baking Powder
- ¾ tsp. Cinnamon
- 2 T. Flax Seed
- 2 T. Wheat Germ
- ½ c. Raisins
- ½ c. Dates (cut out pits)

Wet Ingredients

- ½ c. Maple Syrup
- 2 T. Chia Seeds and 6 T. Water
- 4 c. Almond Milk
- 2 tsp. Pure Vanilla Extract

TOPPING

- 1 c. Chopped Walnuts
- 1 c. Mixed Berries
(frozen or fresh)

DIRECTIONS: After 15-minutes, pull the pre-bake out of the oven and remove the tin foil. Sprinkle the dry ingredients on top of the pre-bake mixture. Pour the wet ingredients on top of it all. Add the topping and bake for 45 minutes. I like to look for the middle to bubble before removing it from the oven. Let cool for five minutes, cut three rows across and five rows down. Dish up the portions and eat. Store the rest in the refrigerator for up to 7 days.