

## Baked Blueberry Oatmeal:

Grease a 9 x 13-inch baking dish or an 11-inch diameter cast iron skillet.

Combine the dry ingredients in a large mixing bowl (this step can be done the night before):

3 cups old-fashioned oats  
3/4 cup light brown sugar  
1/4 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup chopped pecans

Add the wet ingredients and stir to combine:

2 large eggs  
2/3 stick (about 5 tablespoons) butter  
1 cup lactose-free milk  
2 cup frozen wild blueberries

Preheat the oven to 350 degrees F. The berries will have a few minutes to thaw slightly while the oven is heating.

Place the baking dish on the middle rack of the preheated oven and bake for 30-40 minutes until golden brown and a little crusty on the edges. The mixture will still be soft in the middle but should not be runny. Remove the baking dish from the oven and stir gently to prevent burning on the edges and to "fluff" the contents. Serve immediately or cover with foil and return to the still-warm oven (with the heat off) for up to an hour before serving.

Serves: 16

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