

Breakfast | Snack

Toasted Coconut Baked Oatmeal

Side Effect: Constipation

10 Mins
Prep Time


45 Mins
Cook Time

8
Servings

 **293 Calories** **17g Fat** **30g Carbs** **6g Protein**


Ingredients

 **8 Servings**  **55 Mins Total Time**  **Allergens: Nuts, Soy, Gluten**

2 Tbsp Ground Flaxseed Meal + **6 Tbsp** Water, mixed together and set aside 

2/3 Cup Sweetened Shredded Coconut, divided 

2 Cups Old Fashioned Oats

2/3 Cup Slivered Toasted Almonds 

1 Tbsp Coconut Sugar

1/2 Tsp Kosher Salt

1/4 Cup Maple Syrup

1 3/4 Cup Vanilla Soy Milk

1/4 Cup Coconut Oil

Allergen Swap

Nuts Omit the almonds and replace with sunflower seeds

Soy Omit the soy milk and replace with cow's milk or a nut-milk alternative

Gluten Oats are naturally gluten-free, but for those with celiac disease use certified gluten-free oats



Nourishment Note



Ground Flaxseed Meal

Ground flaxseed is high in insoluble fiber helping reduce constipation and the discomfort associated with it. Flaxseed is also an excellent source of omega-3 fatty acids to help protect the heart and brain.



Almonds

Nuts and seeds contain healthy doses of insoluble fiber important to helping relieve constipation. Almonds also contain protein to help support muscles and vitamin E to help lower inflammation.



Coconut

Dried coconut contains insoluble fiber important in helping to relieve constipation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat

Preheat oven to 350°F and grease the 2-quart baking dish with coconut oil.

3. Combine Ingredients

In a large mixing bowl, add oats, almonds, half of the coconut, coconut sugar, and salt. Stir to combine.

4. Add Maple Syrup

Add maple syrup and soy milk to the pre-made flax seed mixture. Whisk thoroughly to combine. While whisking, pour in the coconut oil and whisk thoroughly to combine. Add the wet ingredients to the dry.

5. Bake

Pour oatmeal into prepared dish. Sprinkle with remaining coconut flakes and bake for 37-40 minutes, or until slightly brown and firm in the middle.

6. Serve

Serve warm or at room temperature.

7. Store

Refrigerate within 2 hours. Leftovers will keep in the refrigerator in a covered container for up to 3 days.

8. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



2-Quart Baking Dish



Medium-Sized Mixing Bowl



Large Mixing Bowl



Wooden Spoon



Whisk

Fatigue Buster

- Ask a friend or family member to help prepare this dish.
- This oatmeal dish can be frozen in single portions for up to 3 months. Thaw in the microwave to enjoy on days when energy levels are low.