

## **Baked Quinoa Oatmeal**

Preheat the oven to 350 degrees.

Mix in a large bowl:

- 1 cup quinoa flakes
- 1 cup almond flour
- ½ cup gluten-free rolled oats\*
- ½ cup flaked coconut (unsweetened)
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- pinch of allspice
- ½ teaspoon salt

Mix in a separate bowl or measuring cup:

- ¾ cup almond milk
- ¼ cup coconut yogurt or applesauce
- ¼ cup maple syrup

Pour the wet ingredients into the dry ingredients. Stir to combine. Set aside.

In a deep dish pie plate or 8" square glass baking dish sprinkle:

- 1 cup blueberries
- 1 pear, diced into about 1/2 inch cubes
- 1 peach, diced into about 1/2 inch cubes

Spoon the quinoa mixture over the fruit. Sprinkle the top with about a tablespoon or two of each: quinoa flakes, oatmeal and flaked coconut.

Bake at 350 degrees for 30 minutes. The top should be golden brown and fruit bubbly. Makes about 6-8 servings. Serve warm topped with coconut yogurt.

\*If you prefer not to use gluten-free oats you can substitute with an equal amount of quinoa flakes.