



# PINEAPPLE COCONUT BAKED OATMEAL

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**PREPARATION: 10MIN / COOKING: 45MIN / READY IN: 55MIN**

## Ingredients

- 2 1/2 cups old fashioned oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup unsweetened coconut flakes
- 1/3 cup greek/non-dairy yogurt
- 2/3 cup nut/oat milk
- 1/4 cup 100% pure maple syrup
- 2 eggs lightly beaten
- 1/2 teaspoon coconut extract
- 1 cup crushed pineapple - fresh or canned in its own juices.

## Directions

1. preheat oven to 350
2. In a large mixing bowl combine the first four dry ingredients (old fashion oats, baking powder, salt, and unsweetened coconut) and mix together.
3. In a medium mixing bowl combine the next six wet ingredients (yogurt, milk, syrup, eggs, extract, and pineapple) and mix together until blended.
4. Combine wet ingredients into dry ingredients bowl and mix them all together until well blended.
5. Grease a 9x9 baking dish with real butter and pour the mixture into the baking dish. Bake for 45 minutes.
6. Let baked oatmeal cool for 10 minutes then cut into 8 equal pieces.

*Nutritional facts on back...*

**Nutritional facts (based on 1/8 serving size)**

**Calories 162 per serving**

**Protein 5.4 g / Carbohydrates 23.1 g / Fats 5.1 g / Sugar 6.8 g / Dietary Fiber 3.5 g**

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Beginning each day with a "brainy breakfast" for school-aged children helps them be more alert in school, provides a steady supply of energy, and may help with behavior issues.

- The main ingredients in a "brainy breakfast" are:
- High protein that wakes up the brain
- High fiber carbs that provide a steady supply of longer-lasting energy
- Healthy fats that help brain cells communicate better
- Low in simple sugar, food additives, and preservatives

**This recipe has 19.6 net carbs**

**What are net carbs?** Net carbs only include the carbs that can be fully digested into glucose by the body and used for energy. To calculate net carbs, you subtract the number of indigestible carbs, which is fiber, for the number of total carbs found in a food item.

**Why are net carbs important?** When there is a high amount of dietary fiber contained in a food item, the body takes much longer to break it down. Foods with high fiber content become a longer-lasting source of energy that does not spike blood sugar levels and the increased need for more and more insulin.

Including high fiber foods, like oatmeal and natural fruits and vegetables, are part of a healthy diet, good for a healthy digestive system, and the best carbohydrate choices.

*Note: the body can only partially digest sugar alcohols and some may choose to subtract 50% of sugar alcohols for a more accurate net carb calculation. Please consult your physician before starting or making major changes to your regular diet habit.*

**Want to add more protein to this meal?**

Include 1 or 2 hard-boiled eggs on your breakfast plate

**Want to add health beneficial antioxidants to this meal?**

Include a handful of fresh and well-cleaned blueberries

**Want to add more healthy fats to this meal?**

Include a few natural nuts such as walnuts, almonds, or crushed macadamia nuts

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