

# Tropical Baked Steel Cut Oatmeal

## Ingredients:

- 2 1/2 cups steel cut oats
- 1 cup chopped dried tropical fruit
- 3/4 cup sweetened flaked coconut
- 1 1/2 tablespoons coconut oil, melted
- 2 teaspoons ground ginger
- 1 egg
- 1/2 cup honey
- 1/4 teaspoon salt
- 4 cups unsweetened coconut milk or milk of choice
- 2 tablespoons ground flax seed



## Directions:

Preheat oven to 375°

In a large bowl, combine steel cut oats, chopped tropical fruit, flaked coconut, melted coconut oil, ginger, egg, honey and salt. Stir to combine.

Stir in 2 cups coconut milk until combined.

Stir in remaining 2 cups coconut milk and ground flax seed. This mixture will be quite liquidity.

Pour mixture into a greased 2-quart baking dish.

Bake for 45-50 minutes or until oatmeal is set and top is golden.

Top each serving with flaked coconut, chopped dried tropical fruit and Greek yogurt, if desired.

Store any leftovers in an air-tight container in the refrigerator.