



## Tropical Oat Bake

### Ingredients

2 cups rolled oats	1/3 cup plain or Greek yogurt
1/4 cup coconut sugar	1/3 cup coconut milk
1/2 tsp baking powder	1/2 tsp vanilla extract
1/2 tsp salt	1 cup pineapple, diced
2 eggs	Dried coconut flakes as topping
1/3 cup coconut oil	

### Directions:

1. Preheat oven to 350; In a large bowl, combine oats, coconut sugar, salt and baking powder.
2. In a separate bowl, beat eggs, coconut oil, yogurt, coconut milk, and vanilla together using a whisk
3. Add wet ingredients into the dry; Mix until well combined; Add in pineapple
4. Pour into greased 8x8 baking dish. Bake for 30-35 minutes
5. Allow to cool for 5-10 minutes before serving; Enjoy!

### Cookware needed:

Two large bowls  
Baking dish  
Whisk

Cost: \$ \$

Ease: 

**Health Benefit:** Coconut is a healthy source of fat that supports brain health. Pineapple is rich in vitamin C to boost immunity and contains an anti-inflammatory enzyme called bromelain. Eggs and yogurt are great sources of protein for fullness.