

Baked Blueberry Breakfast Jars: An Easy Make-Ahead Morning Favorite

Baked Blueberry Breakfast Jars



OVEN
350°F

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INGREDIENTS

Old-fashioned oats
Blueberries, fresh or frozen
Milk of choice
Eggs
Maple syrup or honey
Vanilla extract
Cinnamon
Baking powder
A pinch of salt
Greek yogurt
Chopped nuts
Extra blueberries
Honey or maple syrup
Coconut flakes

DIRECTIONS

1. Preheat your oven to 350°F and lightly grease oven-safe jars or small ramekins.
2. In a mixing bowl, combine the oats, baking powder, cinnamon, and salt.
3. In another bowl, whisk together the milk, eggs, vanilla, and maple syrup or honey.
4. Pour the wet mixture into the dry ingredients and stir until combined.
5. Fold in the blueberries gently so they are evenly distributed.
6. Divide the mixture among the prepared jars, leaving a little room at the top.
7. Place the jars on a baking sheet for easier handling and transfer to the oven.
8. Bake until the centers are set and the tops are lightly golden.
9. Let cool slightly before serving warm, or cool completely and refrigerate for meal prep.
10. These breakfast jars can be eaten straight from the container, which makes them perfect for grab-and-go mornings.

SWAPS & NOTES

Old-fashioned oats are the best choice for texture because they bake up tender while still keeping some structure.

Quick oats can work, but the final texture will be softer and less hearty.

Fresh blueberries are lovely when they are in season, but frozen blueberries work just as well for a make-ahead breakfast like this.

You can stir them in straight from the freezer, which makes the recipe even easier.

TIPS FOR SUCCESS

One of the best ways to get a great texture is to avoid overfilling the jars.

Leaving a little room at the top helps the mixture bake evenly and prevents overflow.

If you are using frozen blueberries, do not thaw them first.

Adding them frozen helps keep the batter from turning too purple and keeps the berries from getting overly soft before baking.

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