

Baked Apple Oatmeal

PREP TIME: 30 minutes

TOTAL TIME: 90 minutes

Servings: 9



Ingredients

- 2 1/2 cup rolled oats
- 1 cup unsweetened toasted shaved coconut
- 1 cup chopped walnuts
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 2 flax eggs (2 Tbsp ground flax seeds mixed with 4 Tbsp water + 2 Tbsp ginger juice)
- 1 1/2 cup unsweetened vanilla soy milk (or milk alternative of your choice)
- 1/2 cup no sugar added apple sauce
- 1/4 cup pure maple syrup
- 2 Tbsp melted coconut oil + 1 tsp to oil the pan
- 1 tsp vanilla extract
- 2 large tart apples, chopped into 1"x 1" pieces (~3 cups)
- 1 small sweet apple, sliced thin (optional topping)

1. Preheat oven to 325 degrees. Lightly grease a 9"X9" glass pan with coconut oil. Wash and chop apples into 1"x1" squares and place in the bottom of the prepared pan.
2. In a large bowl combine oats, toasted coconut, chopped walnuts, ground cinnamon, and baking powder then mix well until combined.
3. In a separate bowl whisk flax seeds with water and ginger juice and let sit for about 5 minutes or until gelatinous. Add soy milk, apple sauce, maple syrup, melted coconut oil, and vanilla extract to the flax seed eggs and whisk until combined. Add dry ingredients to wet ingredients and stir until combined. Spread oatmeal mixture over the chopped apples making sure they are fully covered. Place pan in preheated oven and bake for 60 minutes.
4. Remove oatmeal from the oven, allow to set and slightly cool for ~5 minutes. Layer top with apple slices if desired.