



Baked Apple Pie Oats

Ingredients:

1/2 cup oats, blended (or oat flour)
1/2 cup unsweetened almond milk
(can also use plant milk or choice or water)
1 small apple, diced
2 TBSP of applesauce, unsweetened
1 TBSP maple syrup
1 TBSP coconut oil
1 tsp cinnamon
1/2 tsp baking powder
Pinch of salt

Directions:

1. Preheat oven to 350 F; Dice apple
2. Add blended oats to a small bowl with the remaining ingredients; Mix to combine and pour into a greased ramekin or oven-safe dish
3. Bake for 20-25 minutes; Meanwhile, over low-heat, sauté apples with coconut oil and cinnamon until soft, about 10-15 minutes
4. Remove the baked oats from the oven when a toothpick comes out clean; Add apple topping
5. Enjoy!

Cookware needed:

Ramekin or oven-safe dish
Blender (optional)
Small bowl
Sauté pan

Cost: \$

Ease: 

Health Benefit: Oatmeal is a great option for breakfast because it is packed with fiber to keep us full and energized throughout the day. Apples add a subtle sweetness in addition to tons of vitamins and minerals for overall health. Plus added fiber if you leave the skins!