TAYLOR & COLLEDGE

Baked Apple Oat-meal



Preparation: 10 mins
Total Time: 45 mins
Portions: 4 Portions

Ingredients

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240 g Rolled Oats
1 tsp Baking Powder
0.25 tsp Salt
0.5 tsp Ground Cinnamon
350 ml Unsweetened almond milk or other milk
2 Medium Eggs
50 g Unsalted butter or coconut oil, melted
60 ml Maple Syrup
1 tbsp Taylor & Colledge Vanilla Bean Paste
2 Apples sliced
100 g Pecan Nuts or walnuts
about 50 - 100 ml Greek Yoghurt Depending on your preference

Preparation

1. Preheat oven to 180°C / 160°C fan / gas mark 4.
2. Grease a 22 x 22 cm baking tin with butter, set aside.
3. Chop the apples into small cubes and roughly chop the nuts.
4. In a mixing bowl mix together oats, baking powder, salt and cinnamon.
5. In a second bowl beat the eggs with the almond milk until combined. Add the melted butter or coconut oil, maple syrup and vanilla paste. Add the dry ingredients and mix until combined.
6. Stir in the apples and nuts and pour the batter into the prepared tin. Top with additional apple slices and/or nuts.
7. Bake for 35-45 minutes or until the top is set and edges are slightly brown.
8. Our baked apple oatmeal is best served warm with a dollop of Greek yogurt and a drizzle of maple syrup.