

# APPLE-CINNAMON BAKED OATMEAL

Vegan and gluten-free  
4-6 servings



## INGREDIENTS

- 2 large apples, peeled and diced
- 2 cups rolled oats
- 2 TBSP flax seeds
- 2 tsp cinnamon
- ½ tsp nutmeg or apple pie spice (optional)
- 2 tsp vanilla extract
- 2 TBSP maple syrup (optional, for extra sweetness)
- ¼ cup raisins (optional)
- 2-3 cups milk (I use vanilla unsweetened almond milk)

## DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit and grease a 9x9" pan with coconut oil.
2. Peel and dice apples into ½ inch cubes.
3. Stir together the rolled oats, flax seeds, cinnamon, nutmeg, and vanilla extract. Mix in maple syrup, if desired.
4. Spread half of the apples in the pan.
5. Add half of the oat mixture on top of the apples.
6. Sprinkle on a layer of raisins.
7. Add the rest of the apples.
8. Spread the rest of the oat mixture on top.
9. Evenly pour almond milk to just cover everything. Press down with a fork or tilt the pan to evenly distribute the liquid, if needed.
10. Bake for 35 minutes. Remove from the oven and let set for 5-10 minutes. Enjoy!
11. Refrigerate leftovers to enjoy later (hot or cold).