

Baked Apple Pecan Oatmeal

VEGAN + GLUTEN FREE + SOY FREE



Ingredients:

3 flax eggs (3 tablespoons ground flax+1/2 cup water)
3 cups GF (or regular) oats
2 tsp baking powder
1 teaspoon salt
3 cups diced apples
3/4 cup chopped pecans, divided
3 cups hemp milk (or your fave non-dairy milk)
2 teaspoons vanilla extract
1/4 cup turbinado sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg

Directions:

Preheat oven to 350 degrees.

Begin by mixing together the ground flax and water (flax eggs) in a small bowl; Set aside to let mixture gelatinize and turn to 'egg' like consistency, about 5 minutes. While you wait, chop your apples and pecans. Set these aside, too.

In a large mixing bowl, combine the oats, baking powder and salt. Add the chopped apples and 1/2 cup of the chopped pecans. In a separate bowl, whisk together the wet ingredients: the flax eggs, milk, vanilla, sugar, cinnamon and nutmeg. Pour into dry mixture, stirring to combine and uniformly distribute the apples and pecans. Once well mixed, pour into (minimum) an 8x8 glass baking dish. Top with the remaining 1/4 cup of chopped pecans & bake for 25-30 minutes, until the mixture is bubbling and edges have slightly crisped. Serve with a drizzle of maple syrup or agave and a little warm milk.

Keep covered in the fridge for about a week. Serves at least 6-8 people. Reheats well in the oven or microwave. Let's eat!