# Apple baked oatmeal

## make ahead, wake up happy

Warm apple, cinnamon and oats, ready to slice and share.




**Serves 8** | **Prep 15 min** | **Bake 35-50 min** | **Plus 10 min rest**

### INGREDIENTS

- ☐ 4 cups old-fashioned rolled oats
- ☐ 3 large eggs
- ☐ 3 cups unsweetened almond milk (or milk of choice)
- ☐ 1/2 cup pure maple syrup
- ☐ 1 tbsp ground cinnamon
- ☐ 1/2 tsp ground nutmeg
- ☐ 2 tsp baking powder
- ☐ 2 medium-large apples, cored and diced
- ☐ 1/2 tsp salt
- ☐ 1 to 2 tsp oil or butter for the dish

### LET'S COOK

☐ **1. Get ready**

Grease a 9 x 13 inch dish. Core apples and cut into 1/2 inch dice; peeling is optional. For same-day baking, heat oven to 350 F.

☐ **2. Mix**

Whisk eggs for 30 seconds. Add milk, maple syrup, cinnamon, nutmeg and salt; whisk smooth. Stir in oats and baking powder, then fold in apples. Spread in the dish.

☐ **3. Make ahead, if you like**

Cover and refrigerate overnight, up to 24 hours. Next morning, heat oven to 350 F; let the dish stand about 20 minutes while it heats. Remove plastic wrap before baking.

☐ **4. Bake & check**

Bake uncovered 35 to 40 minutes if freshly mixed, or 45 to 50 minutes if chilled. Center should not jiggle; a tester should show no runny liquid. Center must reach 160 F. If needed, bake 5 minutes more and recheck.

☐ **5. Rest & serve**

Rest on a heat-safe surface for 10 minutes. Cut into 8 generous squares or 12 smaller pieces and serve warm.

Use oven mitts; do not taste the raw-egg mixture. Refrigerate leftovers within 2 hours; eat within 3-4 days. Reheat with a splash of milk until hot.