

APPLE CINNAMON BAKED OATMEAL

MAKES 6 SERVINGS

GLUTEN FREE, DAIRY FREE, NUT FREE,
AS NEEDED

INGREDIENTS

1 $\frac{3}{4}$ cups milk of choice (make it GF with plant milk)
2 eggs
1/3 cup maple syrup
 $\frac{1}{4}$ cup butter or coconut oil (make it DF with coconut oil)
 $\frac{1}{4}$ cup unsweetened applesauce or mashed banana
3 cups old-fashioned rolled oats (make it GF as needed)
1 teaspoon baking powder
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups chopped apple
 $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped walnuts or pecans (optional)

HEALTH BENEFITS

Apples contain zinc, which is important for the immune system. High in fiber, apples can help with digestion and constipation. Apples contain antioxidants that can help reduce inflammation and fight free radicals that are linked to aging and disease.

Cinnamon has many beneficial compounds that can help lower blood sugar levels, protect against heart disease, and reduce inflammation. For the best results choose Ceylon cinnamon when available.

Oatmeal is a good source of many vitamins and minerals, including thiamine, magnesium, copper, and zinc. Also high in fiber, oats can promote healthy gut bacteria and prevent constipation. Heart-healthy oats are also high in antioxidants that reduce inflammation and lower cholesterol.

DIRECTIONS

Preheat oven to 350 degrees. Coat the inside of 9x9 pan with butter or coconut oil. Stir milk, eggs, maple syrup, melted butter or coconut oil and applesauce together in one bowl. Add the oats, baking powder, spices, and salt. Mix until combined, then stir in apples. Pour into prepared baking pan and top with additional sliced apples and/or nuts. Bake 35 minutes or until just cooked through. Let cool 5 minutes. Add milk or top with Greek yogurt or almond butter.