



BAKED APPLE-CINNAMON OATMEAL

LARGE FAMILY STYLE

Ingredients

- 6 cups GF rolled oats
- 1 cup chopped walnuts
- 6 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp salt
- 2-3 medium apples diced
- 1.5 cups applesauce
- 1.5 cups almond milk
- 6 eggs
- 3/4 cup maple syrup
- 1 tsp pure vanilla extract
- 3/4 cup avocado oil

PREPARATION: 15MIN
COOKING: 30MIN
READY IN: 45MIN

Directions

1. Preheat the oven to 350F.
2. Grease a large 10x15" baking dish with lard or fat of choice.
3. Combine the first 5 ingredients in a large bowl. Stir together until thoroughly mixed.
4. Add in chopped apples, applesauce, milk eggs, maple syrup, and vanilla extract. Stir again until combined.
5. Add oil and stir again.
6. Spread the mixture in the prepared baking dish and bake for 30 minutes or until it is lightly browned.
7. Remove from oven and let it cool for 5 minutes before serving.

Note: You can make this the evening before and reheat it in the morning or serve it cold. Top with almond milk and fresh fruit, if desired.