

APPLE CINNAMON

baked oatmeal

Ingredients:

- 1/4 cup honey
- 2 tablespoons coconut oil
- 3 eggs
- 1/2 cup yogurt
- 1 cup milk
- 2 cups rolled oats
- 2 tablespoons hemp seeds
- 2 tablespoons chia seeds
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 3 apples, thinly sliced
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 cup walnuts
- 1/2 teaspoon salt

Directions:

1. In a small saucepan, combine honey and coconut together over low heat. Remove from heat and stir in milk, yogurt, vanilla and eggs.
2. Combine oats, hemp seeds, chia seeds, 1/2 tsp cinnamon, salt and baking powder. Mix with the liquid ingredients.
3. Pour 2/3 of the mixture into a baking dish. Layer half the sliced apples onto the mixture and top with remaining oat mixture.
4. Top with the remaining apple slices. Combine two tablespoons of brown sugar with reserved cinnamon and sprinkle over oatmeal. Sprinkle with chopped walnuts.
5. Bake at 350f for 35 minutes, or until the oatmeal is set and golden brown. Slice into squares.

