RECIPE

Baked Apple Cinnamon Oatmeal

A warm baked oatmeal for breakfast, with diced apple and walnuts in the middle and apple slices and a little brown sugar on top. Olive oil and 1% milk carry it; the apples do the sweetening.

MAKES

6 servings US Metric

TOTAL

55 min

Ingredients

- [ ] 2 cups old-fashioned rolled oats
- [ ] ¾ tsp baking powder
- [ ] 1 ½ tsp ground cinnamon
- [ ] ½ tsp salt
- [ ] 2 cups plus 2 tbsp 1% milk
- [ ] 1 large egg
- [ ] 2 tbsp olive oil
- [ ] 1 tsp vanilla extract
- [ ] 2 medium apples, peeled and cut in ½-inch dice
- [ ] ½ cup walnuts, chopped
- [ ] 1 medium apple, unpeeled, cored and sliced thin for the top
- [ ] 1 tbsp light brown sugar, for the top
- [ ] Olive oil for the dish

Method

1. Heat the oven to 375 °F. Wipe an 8-inch square dish with a little olive oil on a paper towel.
2. Stir the oats, baking powder, cinnamon and salt in a large bowl.
3. In a second bowl whisk the milk, egg, olive oil and vanilla. Pour it over the oats and stir. Fold in the diced apples and the walnuts.
4. Pour into the dish and let it stand 5 minutes while the oats drink. Fan the apple slices over the top and sprinkle with the tablespoon of brown sugar.
5. Bake in the middle of the oven 30 to 35 minutes, until the top is golden and the center is set and no longer wet.

6 Check the center with a thermometer. It holds egg, so it must read 160 °F. Let it stand 10 minutes, then cut into 6 squares.