



Baked Harvest Fruit Spice Baked Oatmeal



Ingredients

- 2 cups old-fashioned rolled oats
- 1/4 cup hemp hearts
- 1/4 cup chia seeds
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe pears, peeled, cored, and chopped
- 2 ripe nectarines, pitted and chopped
- 2 apples, peeled, cored, and chopped
- 1/4 cup pure maple syrup
- 1/2 cup apple sauce
- 2 1/4 cups almond milk (or any milk of your choice)
- 2 teaspoons vanilla extract
- 1/2 cup chopped nuts (such as almonds, pecans or walnuts), for topping
- 1/4 cup brown sugar (mixed with chopped nuts) for topping



Prep Time: 20 MIN

Cooking time :40 MIN

Serves: 8



Baked Harvest Fruit Spice Baked Oatmeal



*Add your fave fruits
&
Add
maple syrup*

Instructions

- Preheat your oven to 375°F (190°C). Grease a 9x13-inch baking dish with cooking spray or coconut oil.
- In a large mixing bowl, combine the rolled oats, hemp hearts, chia seeds, ground cinnamon, ground ginger, baking powder, and salt. Mix well to distribute the dry ingredients evenly.
- In another bowl, whisk together the maple syrup, apple sauce, almond milk, and vanilla extract until well combined.
- Arrange the chopped pears, nectarines, and apples in an even layer at the bottom of the greased baking dish.
- Sprinkle the dry oat mixture evenly over the fruit layer.
- Carefully pour the wet mixture over the oats, ensuring that all the oats are moistened.
- Gently shake the baking dish to help the wet mixture settle and distribute through the oats.
- If desired, sprinkle chopped nuts and brown sugar mix over the top for added crunch and flavor.
- Place the baking dish in the preheated oven and bake for about 35-40 minutes, or until the oatmeal is set and the top is golden brown.
- Remove from the oven and let it cool slightly before serving.
- Serve the baked oatmeal warm. You can enjoy it as is or drizzle extra maple syrup or a dollop of yogurt on top.
- Leftovers can be stored in an airtight container in the refrigerator for a few days or packaged and frozen. I prefer leftovers cold, but to reheat, simply microwave individual portions or warm them in the oven.

Want more healthy goodness?

Visit chinookskincare.com