



SPICED BAKED OATMEAL



Prep Time: 10 minutes
Cook Time: 45 minutes
Serves: 6
Directions:



1. Preheat the oven to 350°F
2. Grease an 8×8-inch pan or 9-inch pie pan.
3. In a large bowl, whisk together the mashed banana if using, almond milk, vanilla, almond butter, maple syrup, and coconut oil. Add the baking powder, flaxseeds, spices, and salt and mix again.
4. Fold in the oats, $\frac{3}{4}$ cup of the pecans, and $\frac{1}{2}$ cup of the blueberries and half of the apple. Pour the mixture into the prepared baking dish and smooth into an even layer.
5. Top with the remaining apples, blueberries, the remaining pecans, the sucanant, and coconut flakes.
6. Bake for 40 to 50 minutes, or until the topping is crisp and the middle is set. Remove from the oven and let cool for 10 minutes before serving.

Ingredients:

- 1 cup **almond milk** at room temperature
- $\frac{1}{4}$ cup smooth, creamy **almond butter**
- $\frac{1}{4}$ cup **maple syrup or 1/2 cup of chopped dates**
- 1 teaspoon **vanilla**
- $\frac{1}{4}$ cup melted **coconut oil**
- 1 teaspoon **baking powder**
- 1 teaspoon **cinnamon**
- $\frac{1}{2}$ teaspoon **cardamom**
- $\frac{1}{4}$ teaspoon **nutmeg**
- $\frac{1}{4}$ teaspoon **ginger powder**
- $1\frac{1}{5}$ teaspoon **flaxseed or hemp seed**
- $\frac{1}{2}$ teaspoon **sea salt**
- 2 cups whole **rolled oats**
- 1 cup chopped **pecans**
- 1 cup fresh **blueberries or diced apples**
- 2 tablespoons **sucanant**, optional for topping
- 2 tablespoons **coconut flakes**, for topping

This baked oatmeal recipe is meant to be flexible—feel free to omit, substitute, or adjust ingredients based on your taste, dietary needs, or what you have on hand. You can change the fruit with the season,



swap the nuts, or adjust the spices to make it more or less warming. I love this recipe as a simple, make-ahead option for busy weeks - it stores well, travels easily, and makes a nourishing on-the-go breakfast or snack. The texture is more like a soft, sliceable loaf rather than a creamy bowl of oatmeal - slightly crumbly and especially delicious topped with a dollop of Greek yogurt or coconut yogurt.