

Maple Baked Oatmeal

written by admin | September 19, 2011



A wonderfully simple way to prepare oatmeal. No fussing over the stove. Just pop it in the oven and then serve it up with your favorite yummy toppings!

Equipment:

8 inch square glass baking dish

Ingredients:

1 1/2 cups rolled oats
1/4 cup sliced almonds
2 Tbsp Sucanat or brown sugar
2 Tbsp maple syrup
pinch sea salt
3 cups soy milk or other non dairy milk (rice, almond, etc.)
ground cinnamon (optional)

Directions:

1. In a lightly greased 8 inch square glass baking dish, combine oats, almonds, sugar, maple syrup and salt. Stir in the milk.
2. Bake in 350 F oven until oats are softened and milk is absorbed, about 40 minutes.
3. Sprinkle with cinnamon and serve hot. Add fresh or dried fruit if desired.

from *Canada's National Post*, October 30th, 2010