

CINNAMON, PLUM & BLACKBERRY BAKED OATS

A healthy recipe by THE HEALTH BOOST



INGREDIENTS

MAKES 8 PORTIONS

- 3 cups/300g GF rolled oats
- 2 tablespoons chia seeds
- 1 tablespoon cinnamon
- 2 tablespoons pumpkin seeds
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- 2 cups / 400ml milk
- 3 large eggs
- 2 teaspoons vanilla extract
- 3 tablespoons maple syrup (optional)
- knob of butter
- 3-4 large plums
- 1 ½ cup blackberries
- Handful of pecan nuts for topping



METHOD

PREP TIME 10MINS
COOK TIME:30-45MINS

1. Preheat the oven to 180°C and line an 8 x 8 inch dish or pan with parchment paper and set aside. (You can also use individual ramekins)
2. Lay down the fruits in the prepared dish
3. In a large bowl, stir together the dry ingredients: oats, chia seeds, baking powder, cinnamon, pumpkin seeds and salt and set aside.
4. In another bowl, whisk together milk, eggs, vanilla extract, maple syrup and melted butter.
5. Add wet ingredients to the dry ingredients and stir until just combined.
6. Pour the batter over the fruits, smooth the top, sprinkle with pecans and bake 30-45 minutes or until a toothpick inserted comes out clean. If the top starts browning too quickly, cover loosely with foil.
7. Cool in the pan. Delicious eaten warm.
8. Greek yoghurt and extra seeds to serve

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