

Apple-Oat Delight

Yield: 12 (2/3 cup) servings

Apple-oat delight can be mixed up the night before and placed in the oven an hour before breakfast. Consider serving this with fresh peaches, blueberries or hot applesauce.

Ingredients:

- 2 cups oats (rolled or quick)
- 1 cup raisins
- 1/2 cup coconut, unsweetened, shredded
- 1/2 cup pecans, chopped
- 2 apples, shredded
- 3 cups soy or almond milk
- 1/2 tsp salt
- 1 tbsp vanilla

(continued)

Directions:

1. Sprinkle $\frac{2}{3}$ cup of the oats on the bottom of the dish.
2. Layer half of the raisins, coconut and pecans followed by $\frac{2}{3}$ cup more oats.
3. Sprinkle all the shredded apple on top.
4. Add the remainder of the raisins, oats, coconut and pecans.
5. Whip the salt, vanilla and milk in a blender and pour over the layered mixture.
6. You may need to add more milk until liquid comes to the top of the mixture.
7. Cover and bake for 45-60 minutes at 350°F.
8. Uncover to crisp and brown the top (last 10 minutes).

Nutrition Facts: (per $\frac{2}{3}$ cup serving)

Calories: 164 • Fat: 11g • Sodium: 296mg

Carbohydrates: 3g • Dietary Fiber: 0g

Protein: 12g

Source:

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