



Fruity Oaty Breakfast Bake

(makes 4-6 breakfasts)

Chewy, tasty and filling, this is a breakfast that you can make ahead and dive into when time is not on your side. Experiment with whatever fruits are in season (or lurking in the fruit bowl looking a little 'tired'). Kids love it too and it makes a great mid morning/afternoon snack.

Ingredients

2 tablespoons coconut oil
180g rough cut oats
1 teaspoon baking powder
2 teaspoons ground cinnamon
2 teaspoons ground ginger
½ teaspoon sea salt
60g nuts of choice, roughly chopped
60g unsweetened, shredded coconut
300g fresh or frozen mixed berries
1 egg (Omega 3-rich preferably), lightly whisked
1 tablespoon maple syrup or runny honey
350mls cow's, almond or oat milk
Natural live/bio or Greek-style yoghurt to serve

Method

- Preheat the oven to 190C/375F/Gas Mark 5.
- Put the oats, baking powder, cinnamon, ginger, salt, nuts, coconut, berries and coconut oil (melt it quickly in a small pan first) in a large bowl and stir gently until everything is thoroughly mixed.
- Add the whisked egg, maple syrup or honey and milk and keep stirring until everything is well-combined.
- Transfer to a baking dish, lightly smooth the surface and place in the middle of the oven and bake, uncovered for 30 minutes. If it is still slightly runny, give it another 5-10 minutes.
- Allow to cool a little before serving with the yoghurt.
- It will keep in the fridge (covered) for a week so all you need do in the morning (or whenever!) is just take a good scoop from the dish and heat it through in the oven or microwave before digging in. It is also delicious cold as a flapjack-style snack.