

---

# Apple Blueberry Oatmeal Bake

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 1-2

Ingredients:

- 1/2 cup non-dairy milk
- 1 tbsp honey
- 1 tsp vanilla extract
- 1/2 cup rolled oats
- 1/4-1/2 tsp cinnamon powder
- pinch grated nutmeg (optional)
- pinch of salt
- 1/3-1/2 cup grated apple
- 1 tsp coconut sugar
- pinch cinnamon
- 1-2 tbsp chopped walnut or pecans (optional)
- 2 tbsp cashew [vanilla pudding](#) (optional)

Blueberry compote

- 1/4 cup blueberries
- 2 tsp maple syrup

---

Instructions:

1. Pre-heat the oven to 350F or 160C. Brush a single portion baking dish, or 2 ramekins, with some coconut oil and set aside.
2. Start by making the compote if using ☐ place the blueberries and maple syrup in a small saucepan. Heat for a few minutes until you have syrup. Set aside.
3. Whisk together the milk with the honey and vanilla.
4. In a small bowl mix the oats with the cinnamon, nutmeg and salt. Add the milk into the oat mixture and stir well. Fold in the grated apple.
5. Pour half the oatmeal into the baking dish. Spoon on half of the blueberry compote. Pour over the remaining oatmeal, and top with the remaining compote. Swirl in with a table knife. Sprinkle coconut sugar, cinnamon and walnuts on top. Bake for 15-20 minutes.
6. Serve as is, or dollop on the vanilla pudding for a sweeter oatmeal.