



Apple & Cinnamon Baked Oats

Ingredients:

- 40g Oats
- 2 tbs Apple Sauce - chunky
- 20g sultanas
- 100g Unsweetened Greek style yogurt
- Splash of vanilla extract
- ½ tsp cinnamon
- ½ tsp baking powder
- ½ tsp sugar
- 1 large egg
- butter to grease the dish

Instructions:

- Preheat oven to 190c/ gas 6
- Grease a small oven proof dish with butter
- Add all of the ingredients to a bowl and whisk to combine.
- Pour into the prepared baking dish
- Bake in the oven for 35 - 40 mins until set and lightly golden.
- Serve with yogurt of your choice and fresh fruit.

I batch these in advance in 5 portions and freeze them - they freeze amazingly well and all you need to do is take them out of the freezer the night before you want to eat it for breakfast.

You can also bake these in the air fryer on the bake setting 170c for 20-25 minutes