

Vegan Apple Cinnamon Baked Oatmeal

Warm, comforting, and filled with fall flavours, this vegan apple cinnamon baked oatmeal makes a delicious breakfast or snack. Prepare it ahead of time for an easy meal throughout the week.

Serves: 6

Preparation time: 10 minutes

Baking time: 35–40 minutes

Ingredients

- 2 cups rolled oats
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 2 cups unsweetened plant-based milk
- ¼ cup maple syrup
- ¼ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 large apple, peeled if desired and diced
- ⅓ cup chopped walnuts or pecans, optional
- 2 tablespoons raisins or dried cranberries, optional



Instructions

1. Preheat the oven to 350°F (175°C). Lightly grease an 8-inch square baking dish or line it with parchment paper.

2. In a large bowl, combine the rolled oats, baking powder, cinnamon, nutmeg, and salt.
3. Add the plant-based milk, maple syrup, applesauce, and vanilla. Stir until well combined.
4. Fold in the diced apple and any optional nuts or dried fruit.
5. Pour the mixture into the prepared baking dish and spread it evenly.
6. Bake for 35–40 minutes, or until the top is lightly golden and the centre is set.
7. Allow the oatmeal to cool for 5–10 minutes before slicing and serving.

Serve warm on its own or topped with plant-based yogurt, fresh apple slices, nut butter, or an extra drizzle of maple syrup. Store leftovers in a covered container in the refrigerator for up to four days.