



Ballybrado Oat-Apple-Cinnamon Bake

Ingredients

200g Ballybrado Organic Oat Flakes (Standard or Jumbo)

400ml milk

2 eggs

Pinch salt

40g sugar

1 tsp cinnamon

1 apple

1 tbsp flaked almonds

Method

1. Mix oat flakes and milk, leave soak for approx. 10 mins
2. Beat eggs, salt, sugar and cinnamon until fluffy
3. Mix with oats until well-combined
4. Peel and dice apple, mix with oats
5. Grease a pyrex or lasagne dish, pour in oat mixture
6. Top with flaked almonds
7. Bake in pre-heated oven at 180°C for approx. 40 mins
8. Leave to cool and then store in fridge.

Tip: use the fruits you have at home to make this a seasonal bake – if berries are in season, why not use raspberries or red currants? Or how about rhubarb and strawberries? Or swap the milk for a plant-based alternative for a change.