



# 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.