

Apple and Maple Baked Oatmeal



2 eggs

2 cups milk

1 cup maple syrup or brown sugar

2 tsp. salt

2 tsp. baking powder

1 tsp. vanilla extract

1/3 cup coconut oil, melted

6 cups quick oats

2 apples, diced into 1/2" pieces

1/2 cup pecans, chopped (optional)

Heat oven to 350 degrees.

In a medium sized bowl, beat the eggs with a fork until combined.

Add all remaining ingredients. Stir to combine.

Pour oatmeal batter into a greased 9X13 baking dish. If you would like to, place a few slices of apples onto the oatmeal before you place it in the oven.

Bake for 40-45 minutes

Notes: This bake is great if made ahead for breakfast all week! Just warm and add milk.