

Good Enough 2 Eat

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Apple Oat Bake

You'll need:

- 2 cups rolled oats
- 1 cup of sultanas
- 2 apples, coarsely grated with skin on
- ¼ cup desiccated coconut
- 8 dates, chopped
- 3 cups soy milk
- 1/3 cup slivered almonds for topping



Here's what to do:

- Combine oats, sultanas, apples, coconut and dates in a bowl.
- Transfer to an oven proof baking dish.
- Pour soy milk over the top.
- Cover and bake for up to an hour at 180°C until firm.
- Uncover and sprinkle with slivered almonds during the last 15 minutes.

This dish is delicious served hot or cold and even makes a good breakfast with added seasonal fruit and extra milk.