

# App' oat Delight

Makes 12 2/3 Cup Servings

- 2 cups Oats (rolled or quick)
- 1 cup Raisins
- 1/2 cup shredded Coconut
- 1/2 cup Pecans or Walnuts, chopped
- 2 Apples, shredded
- 3 cups Soy or Tofu milk
- 1/2 tsp Salt
- 1 Tbsp Vanilla

Spray an 8"x8" or round baking dish

Sprinkle 2/3 c of the oats on the bottom of the dish

Next, layer 1/2 of the raisins, 1/2 of the coconut and nuts cup more oats

Sprinkle all of the shredded apples on top.

Add the remainder of the raisins, coconut, nuts, and oats.

Whiz the salt, vanilla, and milk in the blender; pour over the layered mixture. You may need to add more milk until liquid comes to the top of the mixture

Cover and bake 45-60 minutes at 350°.

Uncover to crisp and brown on top.

*This is a wonderful recipe for a quick, hot breakfast. Just mix it all up the night before and pop it in the oven over an hour or so before you hear "What's for breakfast?" Then whip it out of the oven and onto the table for a delightful, tasty, nourishing tummy warmer. Serve with fresh peaches or blueberries, or with hot applesauce.*

## Nutrition Facts

Serving size: 2/3 cup Servings: 12

### Amount per serving

Calories 163

Total Fat 4g 5%

Saturated Fat 1.4g 7%

Cholesterol 0mg 0%

Sodium 131mg 6%

Total Carbohydrate 28.6g 10%

Dietary Fiber 3.5g 13%

Total Sugars 14g

Protein 4.5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2mg 10%

Potassium 270mg 6%

Guilt-free Gourmet

Page 6

Vicki B Griffin / Gina M Griffin

Printed by Remant Publications ©1999