



BAKED CHERRY OATMEAL



Ingredients

2 cups cherries, pitted and halved
2 tbsp oil or melted butter
¼ cup brown sugar or maple syrup
1 tsp vanilla extract
1 tsp almond extract
1 ½ cups milk, dairy or plant-based
2 eggs
1 ¾ cups rolled oats (NOT instant /quick oats!)
1 tbsp ground flax seeds
1 tsp baking powder
½ tsp salt
1 tsp cinnamon
½ tsp nutmeg
½ cup + 2 tbsp pecans or almonds, chopped



Instructions

Servings
4

Prep Time
20 mins

Cook Time
55 mins

Total Time
1 ¼ hours

1. Wash the cherries and cut them in half, removing the pits. If using frozen cherries, defrost them and gently press the cherries to remove excess liquid. Again, remove any pits if necessary.
2. Preheat the oven to 350° F / 180° C / Gas Mark 4.
3. Grease a 2-quart (1 litre) baking dish with 1 tbsp of butter or oil. Add 1 cup of cherries into the bottom of the dish, then set aside.
4. In a large mixing bowl combine the oil or butter, brown sugar, vanilla extract, almond extract, milk, and eggs.
5. Add the oats, baking powder, ground flax seeds, salt, spices and ½ cup chopped nuts.
6. Combine the batter until smooth, then fold in ¾ cup of cherries.
7. Pour the batter over the cherries in the baking dish.
8. Top with the remaining ¼ cup cherries, 2 tbsp nuts, and a sprinkle of cinnamon or brown sugar.
9. Bake the dish at 350° F for 45-55 minutes, or until cooked through and heavily browned on top.
10. Remove from the oven, serve right away and enjoy!