Apple Cinnamon Baked Oats

A spoonable oat bake with diced apple, cinnamon and walnuts. Mix it in one bowl, bake, and portion for the week.

Prep 10 min **Cook** 35 min **Serves** 4
Rest / chill 5 min

Ingredients

- ☐ 2 cups (180 g) old-fashioned rolled oats
- ☐ 1 tsp baking powder
- ☐ 1 1/2 tsp ground cinnamon
- ☐ 1/4 tsp fine salt
- ☐ 1 large egg
- ☐ 1 3/4 cups (420 ml) milk
- ☐ 3 tbsp maple syrup
- ☐ 2 tbsp melted butter, plus a little for the dish
- ☐ 1 tsp vanilla extract
- ☐ 1 large apple, cored and cut into 1/2-inch cubes
- ☐ 1/3 cup (35 g) chopped walnuts



Spoon & Joy recipe illustration.

Before you start

Use rolled oats
Steel-cut oats need a different liquid ratio and much longer cooking. Instant oats produce a softer, less distinct texture.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Heat the oven to 375°F (190°C). Butter an 8-inch square baking dish.
2. Mix the oats, baking powder, cinnamon and salt in a large bowl.
3. Whisk the egg, milk, maple syrup, melted butter and vanilla in a jug. Pour into the oat mixture and stir in the diced apple.
4. Transfer to the prepared dish. Level the surface gently and scatter the walnuts on top.
5. Bake for 30-35 minutes, until the center no longer ripples when you gently move the dish and the edges are lightly golden. An egg-based bake should reach 160°F (71°C) in the center.
6. Rest for 5 minutes before spooning into bowls or cutting into four soft portions.

Storage & making ahead

Refrigerate covered portions for up to 3 days. Reheat with a splash of milk until the center is hot throughout; reheat leftovers to 165°F (74°C).

Cut the apple small Half-inch pieces soften without disappearing. Large wedges stay firm and make the bake difficult to portion.

Read this recipe on Spoon & Joy