

Ashley's Meal Prep Monday!

Pumpkin Apple Baked Oatmeal

INGREDIENTS

- 1 1/2 cups GF old fashioned oats
- 1 TBSP ground flax seed
- 1 TSP baking powder
- 1/2 TSP sea salt
- 2 TSP pumpkin pie spice
- 1 TSP cinnamon
- 1 TSP ginger
- 3/4 cup milk of choice
- 1/2 cup pumpkin puree
- 1 egg
- 1/4 cup maple syrup
- 1 TSP vanilla
- 1 medium apple peeled and diced
- + 1/2 apple thinly sliced
- 2 TBSP pumpkin seeds



Preheat oven to 350. Spray a 9x5 baking dish and set aside. In a small bowl, whisk the oats, flax seed, pumpkin pie spice, cinnamon, ginger, baking powder and salt - set aside.

In a large bowl, whisk egg, milk, pumpkin puree, and vanilla until combined. Add dry ingredients to the wet and stir until combined. Let sit for about 5 minutes. Fold in the diced apples and then pour the batter into the baking dish. Arrange thin sliced apples like a fan on top of the oatmeal and sprinkle with pumpkin seeds.

Bake for 30 minutes and serve with drizzled almond butter

Recipe: onceuponapumpkinrd.com

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