



Cooking Class Grocery List

FEATURING: APPLE CINNAMON BAKED OATMEAL



PRODUCE

- Apple, 1

NATURAL & ORGANIC

- Silk Unsweetened Vanilla Almondmilk or Oatmilk, 1 $\frac{3}{4}$ cup

MEAT & SEAFOOD

GROCERY

- Cooking spray
- Maple syrup, $\frac{1}{3}$ cup
- Unsweetened applesauce, $\frac{1}{4}$ cup
- Old-fashioned oats, 3 cups
- Baking powder, 1 tsp.
- Ground cinnamon, 1 tsp.
- Salt, $\frac{1}{4}$ tsp.
- Nutmeg, $\frac{1}{4}$ tsp.
- Allspice, $\frac{1}{4}$ tsp.
- Walnuts or pecans, $\frac{1}{2}$ cup

FROZEN & DAIRY

- Large eggs, 2
- Butter, $\frac{1}{4}$ cup

WINE & SPIRITS

APPLE CINNAMON BAKED OATMEAL

Ingredients

- Cooking spray
- 1 $\frac{3}{4}$ cup Silk Unsweetened Vanilla Almondmilk or Oatmilk
- 2 large eggs
- $\frac{1}{3}$ cup maple syrup
- $\frac{1}{4}$ cup butter or coconut oil, melted
- $\frac{1}{4}$ cup unsweetened applesauce
- 3 cups old-fashioned oats
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. allspice
- 1 apple, chopped
- $\frac{1}{2}$ cup chopped walnuts or pecans, optional

Silk



Directions

1. Preheat oven to 350°F. Coat a 9x9-inch, 11x7-inch or other similarly sized baking dish with cooking spray.
2. Place all ingredients except nuts into a large bowl and whisk together. Pour into prepared baking dish and top with nuts if desired.
3. Bake for 35 to 40 minutes or until center is almost set to set. Remove from oven and let cool for at least 5 minutes before serving.

Yield: 4 servings

Chef's tips: Serve with yogurt, almond butter or maple syrup. Whipped topping, ice cream, yogurt, nut or seed butters, chocolate, and fresh fruit or also delicious garnishes.

EQUIPMENT LIST

- 9x9-inch or 11x7-inch baking dish
- Knife
- Cutting board
- Measuring cups
- Whisk
- Large bowl
- Wooden spoon