

## Spiced apple and raisin oatmeal squares

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Studies have shown that just half a teaspoon of cinnamon per day can benefit overall wellbeing. Get your daily dose in these wholesome oatmeal squares.

### Ingredients (serves 10)

- 1 apple
- 1 free-range egg
- 1 tbsp natural vanilla extract
- 2 cups [milk of choice](#) (almond, cow, soy, rice all work well)
- ½ cup rice malt syrup or honey
- 3 tbsp melted [coconut oil](#)
- 2 cups rolled oats
- 1 cup raisins
- 2 tsp [cinnamon](#)
- 1 tsp baking powder
- ½ tsp sea salt

### Method

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## Spiced apple and raisin oatmeal squares

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Preheat oven to 180°C.

Core the apple, then cut half into thin slices, and dice the other half.

In a bowl, whisk egg, vanilla, milk, honey and melted coconut oil with a fork until well combined.

In another bowl, combine remaining ingredients with diced apple – excluding the apple slices.

Spray a large baking dish with a little oil, then pour in dry ingredients.

Arrange apple slices over the top, then pour over the milk mix.

Bake for 30 to 40 minutes until milk mix has solidified, then remove and allow to cool before slicing and serving.

**Tips:** Toast under grill for five minutes and serve warm with fresh Greek yoghurt on a cold morning. For kids, add half a cup dark chocolate chips, cacao nibs or carob chips before baking.

Recipe and images by [Sally O'Neil](#)

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