

Gingerbread Baked Oats with Apples, Raisins & Walnuts

Serves 6

Oat Base

- 500 g whole milk, divided (≈480 g + 20 g reserved)
- 120 g ripe banana, mashed (≈1 large)
- 100 g eggs (≈2 large), beaten
- 36 g dark brown sugar
- 28 g unsalted butter, melted
- 1 T / 13 g vanilla extract, divided
- 4 g / 1 tsp baking powder
- 120 g old-fashioned rolled oats

Spices

- 1½ tsp / 3 g ground cinnamon
- 1 tsp / 2 g ground ginger
- ¼ tsp / 0.5 g ground allspice
- ⅛ tsp / 0.25 g ground cloves
- ⅛ tsp / 0.25 g ground nutmeg
- 2 g salt

Add-Ins

- 120 g apple, peeled and finely chopped
- 40 g raisins
- 40 g walnuts, chopped

Cream Cheese Drizzle

- 85 g cream cheese, softened
- 8 g powdered sugar
- ½ tsp / 2 g vanilla extract
- 20–40 g milk, as needed

INSTRUCTIONS

1. Preheat oven to **170°C** (180°C if oven runs normally). Lightly oil a 20 × 20 cm baking dish.
2. In a large bowl, whisk **480 g milk, banana, eggs, brown sugar, butter, 1 T vanilla, baking powder, spices, and salt** until smooth.
3. Stir in **oats, apple, raisins, and walnuts** until evenly distributed.
4. Transfer mixture to dish, smooth top, and **rest 10–15 minutes**.
5. **Bake uncovered 30–35 minutes**, until set and lightly golden.
6. **Cool** in pan **10 minutes**.
7. Whisk **cream cheese, powdered sugar, ½ tsp vanilla, and 20 g milk**; add more milk gradually to reach drizzle consistency.
8. Drizzle over warm oats. Optional: dust lightly with confectioners' sugar.



NUTRITION (per serving)

Kcal: 390 | Protein: 12 g | Fat: 17 g | Sat. Fat: 7 g | Carbs: 48 g | Sugars: 18 g | Fiber: 5 g |
Sodium: 210 mg | Omega-3: 0.3 g

NUTRITION (whole dish)

Kcal: 2,340 | Protein: 72 g | Fat: 102 g | Sat. Fat: 42 g | Carbs: 288 g | Sugars: 108 g | Fiber: 30
g | Sodium: 1,260 mg | Omega-3: 1.8 g