Recipe

baked oats

for a family of 4



Our baked oats are packed with so much goodness with, desiccated coconut, finely chopped pumpkin and sunflower seeds and even a little sprinkle of cinnamon, ginger and vanilla to make it sweet enough that you don't need to reach for the sugar bowl! This dish isn't just perfect for a cosy breakfast, it's versatile enough to be served as a nourishing second course too!

Ingredients

175g porridge oats

50g of desiccated coconut

25g of sunflower seeds - crushed

45g of pumpkin seeds - crushed

1tsp of cinnamon

1tsp of ground ginger

pinch of vanilla powder

800ml milk of your choice

Method through oven

Preheat oven to 180°C

Add baked oats mix and milk to a baking tray and mix together

Bake in oven for about 25 minutes or until milk is just absorbed keep in mind that everyones ovens are different so you may need a little more or less than 25 minutes

Once removed, give the porridge a stir before serving, adding a little more milk if you want too

Method on hob

Add baked oats mix and milk to a pan on a medium/low heat

Gently cook until milk is aborsbed and you are happy with consitency

Add more milk if you'd like it to be looser

Serving suggestions

- sliced banana
- grated apple
- grated pear
- chopped berries
- raisins
- chopped dried apricots
- chopped dried dates/prunes
- roasted fruits

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 23/09/2025.
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.