



Caramel Apple Baked Oatmeal



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Introduction

As the leaves begin to change color and the air turns crisp, fall brings with it a wonderful opportunity to enjoy heartwarming breakfast recipes that capture the essence of the season. One such delightful dish is Caramel Apple Baked Oatmeal, a scrumptious combination of warm, baked oats, sweet apples, and a rich caramel sauce. This recipe not only satisfies the taste buds but also sets a cozy tone for the day ahead.

Detailed Ingredients with measures

- Rolled oats - 2 cups
- Almond milk (or any milk of choice) - 2 cups
- Eggs - 2
- Brown sugar - $\frac{1}{2}$ cup
- Baking powder - 1 tablespoon
- Ground cinnamon - 1 teaspoon
- Salt - $\frac{1}{2}$ teaspoon
- Apples (peeled and diced) - 2 cups
- Caramel sauce - $\frac{1}{2}$ cup (for drizzling)
- Additional toppings (such as nuts or whipped cream) - optional

Prep Time

The preparation time for Caramel Apple Baked Oatmeal is approximately 15 minutes. This allows you to quickly gather your ingredients, mix them together, and prepare the dish for baking.

Cook Time, Total Time, Yield

- Cook time: 30 minutes
- Total time: 45 minutes
- Yield: Serves 6-8

Indulge in this comforting and aromatic breakfast that is perfect for chilly autumn mornings. The combination of oats, apples, and caramel creates a dish that not only warms the heart but also nourishes the body. Enjoy it fresh out of the oven or reheat it for a quick breakfast option throughout the week.



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Detailed Directions and Instructions

Preheat the Oven

Preheat your oven to 350°F (175°C) to ensure it is hot enough for baking when you are ready.

See also No-Bake Brownies

Prepare Baking Dish

Grease a 9×13-inch baking dish with cooking spray or butter to prevent the oatmeal from sticking.

Mix Dry Ingredients

In a large mixing bowl, combine rolled oats, baking powder, cinnamon, and salt. Stir the ingredients together until well mixed.

Combine Wet Ingredients

In another bowl, whisk together the milk, maple syrup, egg, and vanilla extract. Mix until the ingredients are fully combined.

Integrate Mixtures

Pour the wet ingredients into the bowl with the dry ingredients. Stir until everything is just combined.

Add Apples

Fold in the chopped apples, ensuring they are evenly distributed throughout the mixture.

Transfer to Baking Dish

Pour the oatmeal mixture into the prepared baking dish, spreading it out evenly.

Bake the Oatmeal

Place the baking dish in the preheated oven and bake for about 30-35 minutes or until the top is golden and the center is set.

Cool Slightly

Once baked, remove the dish from the oven and allow it to cool for a few minutes before serving.

Serve and Enjoy

Scoop out portions and serve warm, optionally drizzling with additional maple syrup or topping with nuts.

Notes

Storage

The baked oatmeal can be stored in the refrigerator for up to a week in an airtight container.

Reheating

To reheat, simply warm individual portions in the microwave or reheat the whole dish in the oven at 350°F until heated through.

Variations

Feel free to customize this recipe by adding other fruits such as pears or berries, or nuts like walnuts or pecans for added texture.

Gluten-Free Option

For a gluten-free version, ensure that you use certified gluten-free oats.

See also [BBQ Chicken Sliders](#)



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Cook Techniques

Oven Baking

Using the oven to bake the oatmeal allows for even cooking and creates a delicious, golden-brown top layer, enhancing the flavor and texture.

Layering Ingredients

Layering the apples and oatmeal helps distribute flavors throughout the dish, ensuring each bite is a perfect combination of caramel and apple.

Flavor Infusion

Infusing flavors by combining spices such as cinnamon and nutmeg with the oats enhances the overall taste profile of the dish, making it aromatic and delicious.

Creating a Crumble Topping

Creating a crumble topping from oats, brown sugar, and butter adds a crunchy texture that contrasts beautifully with the soft baked oatmeal.

Utilizing Seasonal Ingredients

Using seasonal ingredients, such as fresh apples, not only supports local produce but also enhances the dish's freshness and flavor.

FAQ

Can I prepare the baked oatmeal ahead of time?

Yes, you can prepare the mixture ahead of time and store it in the refrigerator. Just bake it right before serving.

What type of apples work best for this recipe?

Firm, tart apples such as Granny Smith or Honeycrisp are ideal, as they hold their shape and provide a nice contrast to the sweetness of the caramel.

Can I substitute oats with a different grain?

Yes, you can use Quinoa or a gluten-free oat alternative if you prefer, but the consistency may vary.

How do I store leftovers?

Store any leftover baked oatmeal in an airtight container in the refrigerator for up to 3-4 days.

Can I freeze the baked oatmeal?

Yes, you can freeze portions of baked oatmeal. Wrap them tightly in plastic wrap and store them in a freezer-safe container for up to two months.

See also Baked Chocolate Cheesecake



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Conclusion

Caramel Apple Baked Oatmeal is a delightful and hearty dish that perfectly embodies the flavors of fall. The combination of tender oats, sweet caramel, and fresh apples creates a comforting breakfast that is both nutritious and satisfying. This recipe is not only easy to prepare but also versatile, allowing for substitutions and variations to suit your taste preferences.

More recipes suggestions and combination

Apple Cinnamon Overnight Oats

A quick and easy breakfast option that combines rolled oats with apple slices, cinnamon, and your choice of milk for a delicious start to the day.

Pumpkin Spice Baked Oatmeal

Embrace the fall flavors with this baked oatmeal that includes pumpkin puree, spices, and nuts for added texture and taste.

Mixed Berry Baked Oatmeal

Use a variety of fresh or frozen berries to make a berry-infused version of baked oatmeal that's bursting with flavor and nutrients.

Chocolate Banana Oatmeal

Combine ripe bananas with cocoa powder and oats for a rich and indulgent breakfast that feels like dessert.

Peanut Butter and Banana Overnight Oats

Mix oats with peanut butter and banana for a powerful and energizing breakfast that can be prepared in advance.

Maple Pecan Baked Oatmeal

Create a nutty, sweet oatmeal by adding maple syrup and chopped pecans, perfect for those who love crunchy textures.



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