

APRICOT OATMEAL - TO GO



INGREDIENTS

1 cup old fashioned oats (I used Bob's Red Mill Gluten Free Oats)
2 ½ cups water
½ cup applesauce (I used my crock pot applesauce)
1 tsp Frontier Natural Products Vanilla
½ tsp almond extract
4 stevia packets
1/3 cup oat bran
10 dried apricots, finely diced
3 dates, chopped
2/3 cup almond flour
coconut or grapeseed oil

Preheat oven to 325°.

Place the oats, water, applesauce, vanilla, almond extract, stevia, and oat bran in a pot and cook until thick (about 5-10 minutes).

Add the apricots, dates, and almond flour. Mix well.

Turn off the heat and place the lid on the pot. Let sit covered for 10 minutes to thicken even more.

Grease muffin tins with oil. Scoop the oatmeal mixture into the muffin tins. Push down the top of the oatmeal so it is flat.

Bake for 40 minutes (turning half-way through bake time). Cool for 10 minutes and then place on racks to cool to room temperature.

Store the oatmeal in the fridge once cooled.

<http://veggiegrettie.com/2011/04/12/apricot-oatmeal-to-go/>