



BREAKFAST

APPLE PECAN OATMEAL BAKE

with Greek Yogurt



HELLO

OATMEAL BAKE

Loaded with pecans and apples, it's as warm and comforting as you'd expect

PREP: 5 MIN | TOTAL: 50 MIN | CALORIES: 490



Granny Smith Apple



Brown Sugar



Cinnamon



Dried Cranberries



Light Coconut Milk
(Contains: Tree Nuts)



Pecans
(Contains: Tree Nuts)



Baking Powder



Oats



Egg
(Contains: Egg)



Greek Yogurt
(Contains: Milk)

START STRONG

Give the coconut milk can a good shake before opening. It can separate when left to sit, so this will ensure that it's perfectly smooth.

BUST OUT

- Peeler
- Small baking dish
- Small bowl
- Medium bowl
- Large bowl
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 3-person | 6-person

- | | |
|----------------------|------------------|
| • Granny Smith Apple | 1 2 |
| • Pecans | 1 oz 2 oz |
| • Brown Sugar | 4 TBSP 8 TBSP |
| • Baking Powder | 1 tsp 2 tsp |
| • Cinnamon | 1 tsp 2 tsp |
| • Oats | 1 Cup 2 Cups |
| • Dried Cranberries | 1 oz 2 oz |
| • Egg | 1 2 |
| • Light Coconut Milk | 1 Cup 2 Cups |
| • Greek Yogurt | 5.3 oz 10.6 oz |

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 375 degrees. Peel and core **apple**, then cut into ½-inch cubes. Roughly chop **pecans**. Grease a small baking dish or loaf pan with ½ **TBSP butter**. Melt remaining 1½ **TBSP butter** in a small bowl in microwave, about 20 seconds on high. **TIP:** Alternatively, melt butter in a small pan over medium heat.



4 MAKE OAT MIXTURE

Stir **dry ingredients** into **wet ingredients** until just combined. Pour in **melted butter** and gently stir to combine.



2 MIX DRY INGREDIENTS

In a medium bowl, combine **brown sugar, baking powder, cinnamon, oats, cranberries**, half the **pecans**, and a pinch of **salt**.



5 BAKE OATS

Spread **apples** in an even layer inside baking dish. Pour **oat mixture** over top, spreading to distribute. Sprinkle remaining **pecans** on top. Bake in oven until top is golden and oats have a firm, bouncy texture, 35-40 minutes. **TIP:** For a crispy crust, increase heat to 450 degrees 5 minutes before done.



3 MIX WET INGREDIENTS

In a large bowl, whisk together **1 egg** and **1 cup coconut milk** (we sent more of both) until thoroughly combined.



6 FINISH

Allow **oat bake** to cool 5 minutes after removing from oven. Divide between bowls, then dollop with **yogurt** and serve.

DELECTABLE!

Use the leftover coconut milk to make a dairy-free smoothie.