



Oat, Pear & Cherry Breakfast Bake

Dr Laura Wyness

SERVES: 6

TIME TO MAKE: 1 HR

ALLERGENS: EGG, MILK, NUTS

Hamlyns of Scotland, a family-owned business, has been producing oats in Scotland since 1965.



Ingredients

- 180g Hamlyns Scottish Porridge Oats
- 20g ground almonds (about a tbsp)
- 2 cans of pears (drained)
- 2 eggs
- 75 ml Greek yogurt
- 1 tsp almond essence
- 1 tsp baking powder
- 1 tsp cinnamon (optional)
- 150g frozen or fresh cherries
- 1 tbsp almond butter
- 2 tbsp flaked almonds (optional)

Notes

Enjoy warm or when cooled. It's delicious with a dollop of yoghurt on the side. Switch out the pears for tinned fruit of your choice.

Method

1. In a bowl, add the oats, ground almonds, baking powder and cinnamon and mix.
2. In a blender, blend the eggs, pears and almond essence.
3. Add the blended ingredients and the yoghurt to the bowl and mix until combined.
4. Pour the mix into a baking dish (about 20cm x 20cm)
5. Add the cherries on top of the mixture, pushing them down slightly.
6. Dot or drizzle about a tablespoon of almond butter over the mix and sprinkle flaked almonds over the top.
7. Bake at 180°C for 50 minutes, until golden brown on top.

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	286 kcal	11g	2 g	11 g	0.3 g	33 g	9.6 g	5.8 g
%RI	14%	16%	10%	12%	5%	13%	19%	23%

Per 1 serving (151 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)