

Berry Oat Bake



Ingredients:

4 cups rolled oats

3 cups applesauce, unsweetened

2 cups almond or coconut milk, unsweetened

3 cups of berries of your choice, can be mixed

3 tablespoons ground flax seed

1 tablespoon cinnamon

½ teaspoon clove

½ cup nuts, chopped (walnuts, almonds, etc.)

Directions:

Preheat oven to 400° F. Combine ingredients in a 9x13 baking dish. Bake 45 minutes. Serve with fruit or nice cream.