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# SPICED CARROT BAKED OATMEAL WITH MAPLE ROASTED PECANS

 RSF, VGN

 1 hr

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## Ingredients

- 3 cups rolled oats
- 2 tbs ground linseed
- ¼ cup whole linseed
- 4 tbs chia seeds
- 1 cup pecans, roughly chopped
- 1 tbs cinnamon powder
- 1 tsp vanilla powder
- ¼ tsp mixed spice
- Pinch of sea salt
- 2½ cups grated carrot  
(about 4 medium carrots)
- 2 tbs coconut oil
- ⅓ cup maple syrup
- 4 cups almond milk
  
- Maple roasted pecans
- ½ cup pecans, roughly chopped
- 3 tbs pure maple
- Pinch sea salt



## Method

1. Pre-heat your oven to 190 degrees celsius.
2. Place all of the ingredients into a mixing bowl and mix until combined.
3. Pour the oatmeal batter into a medium sized oven dish or into 8 medium sized ramekins, and place into the oven.
4. Bake for 30 minutes.
5. Spread the extra pecans onto a paper lined baking tray and coat with the pure maple and a sprinkling of sea salt.
6. Bake the pecans for about 15-20 minutes (I like to cook them at the same time as the oatmeal by placing them into the oven about halfway into the oatmeal cooking time).
7. Once cooked, take the oatmeal and pecans out of the oven and let cool for 5-10 minutes.
8. Serve with extra almond milk or natural yoghurt and a sprinkling of the maple roasted pecans. Delicious!

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