

Spiced Zucchini Apple Baked Oatmeal with Cinnamon Vanilla Glaze



Wonderful apple zucchini baked oatmeal filled with cozy spices and drizzled with a light cinnamon vanilla glaze. This protein-packed zucchini apple baked oatmeal is freezer-friendly and the perfect breakfast for transitioning from summer to fall! Add nuts and raisins for the ultimate breakfast treat.

Ingredients

- Wet ingredients:
- 1 medium zucchini*
- 1/2 cup unsweetened applesauce (I love using cinnamon applesauce!)
- 2 eggs, at room temperature
- 1 cup unsweetened almond milk
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons melted butter or melted and cooled coconut oil
- Dry ingredients:
- 2 cups old fashioned rolled oats, gluten free if desired
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 cup finely diced honeycrisp apples (from 1 medium honeycrisp apple, diced)
- Optional: 1/4 cup raisins
- Optional: 1/3 cup finely chopped pecans or walnuts

- For the cinnamon vanilla glaze:
- 2 tablespoons vanilla yogurt (or sub dairy free yogurt)
- 1 tablespoon powdered sugar (or you can sub 1/2 tablespoon maple syrup or honey)
- 1-2 teaspoons unsweetened almond milk, to thin
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- For topping:
- Optional: Thinly sliced apples

Instructions

- Preheat the oven to 350 degrees F. Spray a 8x8 inch baking pan with nonstick cooking spray.
- *First, measure out 1 heaping cup of shredded zucchini from your medium zucchini, then place shredded zucchini in a paper towel or cheese cloth and squeeze out all of the moisture/water. This is very important!
- In a medium bowl, mix together the shredded zucchini, applesauce, eggs, almond milk, maple syrup, vanilla, and melted and cooled butter or coconut oil until well combined.
- Next stir in dry ingredients: oats, baking powder, cinnamon, allspice, ginger, nutmeg and salt; stir well to combine. Fold in diced apples, raisins and pecans/walnuts.
- Spread out oatmeal in a prepared pan. Add thinly sliced apples on top if you'd like. Bake for 35-40 minutes until edges are slightly golden and center is set.
- In a small bowl, mix together the greek yogurt, powdered sugar, milk, vanilla and cinnamon; mix to combine. Add more milk if necessary so you can drizzle on top of the oatmeal. Serves 6-8. Enjoy!

Recipe Notes