

Mixed Berry and Oat Pudding

Serves: 8

Prep time: 15 minutes

Cook time: 30 minutes



1 serve per portion

Ingredients

4 cups traditional rolled oats

½ cup coconut flakes

¼ cup dried cranberries

1 tablespoon mixed spice

1 ½ teaspoons baking powder

3 eggs

1 ½ cups reduced fat milk

2 x 120g tubs apple puree

½ cup frozen raspberries

½ cup frozen blueberries

1 tablespoon pepita and sunflower seed mix

¼ cup almond kernels, roughly chopped

To serve:

1 cup natural yoghurt, reduced fat



Everyday Food

Method

PREHEAT oven to 180°C (160°C fan-forced) and grease a 17x22cm baking dish.

COMBINE oats, coconut, dried cranberry, mixed spice and baking powder in a large bowl.

WHISK eggs, milk and apple puree in a medium bowl.

ADD egg mixture to oat mixture and stir to combine.

POUR mixture into prepared pan. Sprinkle with berries, seed mix and almonds.

BAKE for 25 to 30 minutes or until golden and just set. Stand for 5 minutes.

SERVE with yoghurt.

Recipe courtesy of the Country Kitchens team