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Cardamom Pear Oatmeal Bake

6 servings
45 minutes

Ingredients

2 cups Oats (quick or traditional)
2 cups Water
2 tbsps Maple Syrup
1/2 cup Pureed Pumpkin
1/4 cup Tahini
1 tsp Cardamom
2 tbsps Ground Flax Seed
1 Pear (half sliced, half diced)

Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean.

Notes

Storage: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.
No Pumpkin: Use unsweetened applesauce, pureed butternut squash or sweet potato instead.