

OLD JOE'S KAIA COUNTRY HOUSE

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BAKED OATS STARTER

Prepare the Oats Base

Mix together:

- 500 ml Rolled oats (green box)
- 250 ml Large oat flakes (blue box)
- 125 ml Brown sugar
- 5 ml Cinnamon
- 15 ml Baking powder
- 125 ml Raisins
- 2 ml Salt

Beat together:

- 500 ml Soya milk
- 125 ml grated Granny Smith apple and/or mashed banana
- 125 ml Oil

*Pour liquid ingredients into dry ingredients and mix well.
Divide between 14 sprayed ramekins.
Bake at 180°C for 17 minutes.*

To serve:

Top each baked base with:

- 1 scoop of cashew cream
- 2 slices caramelised orange
- a stewed prune
- drizzle of maple syrup
- pumpkins seeds
- sprig of lavender