



OLD JOE'S KAIA COUNTRY HOUSE

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THE SEEDLING

vegan restaurant

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 vegan cream
2 slices caramelised orange
a stewed prune
drizzle of maple syrup
pumpkins seeds
sprig of lavender