

Apple Oatmeal Breakfast Bake – Simple

Apple Oatmeal Breakfast Bake – Simple, wholesome, and perfect for busy mornings. This easy recipe combines hearty oats, juicy apples, and warm cinnamon into a comforting dish that can be prepared ahead of time. With its golden top, soft center, and natural sweetness, it makes an excellent breakfast, snack, or even light dessert. What makes this dish so special is that it requires just a few pantry staples, and it bakes into a satisfying meal that fuels your day.

Why You'll Love This Apple Oatmeal Breakfast Bake

A Nutritious Way to Start the Day

This apple oatmeal breakfast bake is packed with ingredients that nourish your body. Oats are high in fiber, which supports digestion and keeps you full for hours. Apples provide vitamins, antioxidants, and natural sweetness. Eggs and milk add protein, making it a balanced meal that provides sustained energy. Unlike sugary cereals or pastries, this bake offers slow-releasing carbohydrates that prevent mid-morning crashes. Cinnamon enhances both flavor and nutrition, thanks to its natural anti-inflammatory properties.

Quick, Simple, and Family-Friendly

One of the biggest benefits of this recipe is its simplicity. You only need one bowl to mix everything together, and the oven does the rest of the work. The prep takes less than 10 minutes, making it perfect for meal prepping on a Sunday or throwing together on a weekday morning. Families love it because it's versatile and customizable—kids enjoy the natural sweetness of apples, and adults can add nuts or extra spices for a more complex flavor.

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- Author: [Aaron recipes](#)
- Total Time: [45 minutes](#)
- Yield: [6 1x](#)
- Diet: [Vegetarian](#)

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Description

This Apple Oatmeal Breakfast Bake is simple, cozy, and nutritious. Oats, apples, warm cinnamon, and a touch of maple bake into a wholesome make-ahead breakfast the whole family will love.

Ingredients

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Scale

- ☐ 2 cups old-fashioned oats
 - ☐ 1 1/2 cups milk (or almond milk for dairy-free)
 - ☐ 1 large apple, diced 2 eggs
 - ☐ 1/4 cup maple syrup or honey
 - ☐ 1 tsp vanilla extract
 - ☐ 1 tsp cinnamon
 - ☐ 1/2 tsp baking powder
 - ☐ 1/4 tsp salt
 - ☐ 1/4 cup chopped walnuts or pecans (optional)
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. In a large bowl, whisk together eggs, milk, maple syrup (or honey), and vanilla extract.
3. Stir in oats, baking powder, cinnamon, and salt until combined.
4. Fold in diced apples and nuts, if using.
5. Pour mixture into the greased baking dish and spread evenly.
6. Bake for 30–35 minutes, until the top is golden and the center is set.
7. Cool for 5 minutes before slicing. Serve warm or refrigerate and reheat for a quick breakfast.

Notes

Use almond milk and skip nuts for a dairy-free and nut-free version. Swap apples with pears or add raisins/cranberries for variation. For extra protein, serve with Greek yogurt or add a scoop of vanilla protein powder to the mix. Store leftovers in the fridge up to 5 days or freeze up to 2 months.

- Prep Time: 10 minutes
- Cook Time: 35 minutes
- Category: Breakfast
- Method: Baking
- Cuisine: American

Nutrition

- **Serving Size:** 1 square
- **Calories:** 230
- **Sugar:** 12 g
- **Sodium:** 170 mg
- **Fat:** 7 g
- **Saturated Fat:** 1.5 g
- **Unsaturated Fat:** 4.5 g
- **Trans Fat:** 0 g
- **Carbohydrates:** 36 g
- **Fiber:** 5 g
- **Protein:** 7 g
- **Cholesterol:** 55 mg

Did you make this recipe?

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Ingredients and Substitutions

Core Ingredients

- **Old-fashioned oats:** Provide the base of the bake with a hearty and chewy texture. Quick oats can also work, but the final result will be softer.
- **Milk:** Adds creaminess and moisture. Almond milk, oat milk, or soy milk work well for a dairy-free option.
- **Apples:** Choose firm apples like Honeycrisp, Fuji, or Granny Smith for the best balance of sweetness and tartness. The apple chunks soften during baking but retain a pleasant texture.
- **Eggs:** Bind the bake and add protein. For a vegan version, substitute with flax eggs.
- **Maple syrup or honey:** Naturally sweetens the oatmeal bake. Brown sugar or coconut sugar can be substituted.

- **Vanilla extract:** Adds a warm, aromatic note that enhances flavor.
- **Cinnamon:** Brings coziness and pairs perfectly with apples.
- **Baking powder:** Provides a little lift, helping the bake stay fluffy.
- **Salt:** Balances flavors and enhances sweetness.
- **Nuts (optional):** Walnuts or pecans add crunch and healthy fats, but they can be omitted for a nut-free version.

Ingredient Swaps and Variations

- Replace apples with pears for a different fall-inspired flavor.
- Add raisins or dried cranberries for chewy bursts of sweetness.
- Use pumpkin spice instead of cinnamon for a seasonal twist.
- Add shredded coconut for extra texture.
- Stir in mini chocolate chips for a treat-like version.
- Use bananas instead of apples for a softer, sweeter bake.

Step-by-Step Guide to Making Apple Oatmeal Breakfast Bake

Preheat and Prep

Start by preheating your oven to 350°F (175°C). Grease a medium baking dish with nonstick spray, butter, or coconut oil to prevent sticking.

Mix the Ingredients

In a large mixing bowl, whisk together eggs, milk, maple syrup, and vanilla extract until smooth. Add oats, baking powder, cinnamon, and salt. Stir well until everything is evenly combined. Fold in the diced apples and nuts, if using. Make sure the apple pieces are distributed evenly so every slice has fruit.

Bake

Pour the mixture into your greased baking dish and spread evenly. Bake for 30–35 minutes, until the top is golden brown and the center is set. The edges should be slightly crisp while the inside stays moist.

Serve

Allow the bake to cool for 5 minutes before slicing. Serve warm as is, or top with a drizzle of maple syrup, a dollop of yogurt, or a spoonful of nut butter for extra richness.

Storage and Meal Prep Tips

Room Temperature Storage

If you plan to eat the bake the same day, you can cover the dish with foil and leave it at room temperature for up to 12 hours.

Refrigeration

For longer storage, place leftovers in an airtight container and refrigerate for up to 5 days. Reheat in the microwave for 30–60 seconds or in the oven at 300°F until warm.

Freezer-Friendly

This oatmeal bake freezes well. Slice into squares, wrap individually in parchment paper, and place in a freezer bag. Freeze for up to 2 months. To serve, thaw overnight in the fridge or microwave from frozen for 1–2 minutes.

Meal Prep

This recipe is a meal prep favorite. Bake on Sunday, slice into portions, and store them in containers for quick breakfasts throughout the week. Pair with fresh fruit, hard-boiled eggs, or yogurt for a complete meal.

Variations of Apple Oatmeal Breakfast Bake

Apple Cinnamon Raisin Bake

Add half a cup of raisins to the batter for a classic apple-cinnamon-raisin flavor combination.

Pumpkin Oatmeal Bake

Substitute half the apple with pumpkin puree and add pumpkin spice. This variation is perfect for fall mornings.

Peanut Butter Apple Bake

Swirl in a few spoonfuls of peanut butter before baking for a nutty, protein-rich twist.

Chocolate Chip Apple Bake

For a kid-friendly version, fold in half a cup of mini chocolate chips. The chocolate melts into the bake, making it feel like dessert.

Berry Oatmeal Bake

Replace apples with blueberries or raspberries for a fruity and colorful version.

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Serving Suggestions

- **As a breakfast:** Serve warm with a drizzle of maple syrup and a sprinkle of cinnamon.
- **With yogurt:** Add a scoop of Greek yogurt for extra creaminess and protein.
- **As a snack:** Cut into squares and enjoy cold from the fridge.
- **As dessert:** Serve warm with a scoop of vanilla ice cream or a drizzle of caramel sauce.

Nutrition Benefits

This breakfast bake is packed with nutrients. Oats provide complex carbohydrates and soluble fiber, which help stabilize blood sugar. Apples bring vitamin C and natural sweetness. Eggs contribute protein, while nuts add healthy fats. Using maple syrup or honey keeps the sweetener natural, and cinnamon helps enhance flavor without adding calories.

FAQs

Can I make this vegan?

Yes, replace eggs with flax eggs and use almond milk.

Can I make it gluten-free?

Yes, use certified gluten-free oats.

Do I need to peel the apples?

Peeling is optional. Leaving the skin adds fiber and nutrients.

Can I make it ahead of time?

Absolutely. You can prepare the batter the night before, refrigerate it, and bake in the morning.

Why is my oatmeal bake too soft?

It may need a few more minutes in the oven. Bake until the center is set.

Can I add protein powder?

Yes, add a scoop of vanilla protein powder to the batter for extra protein.

Conclusion

Apple Oatmeal Breakfast Bake is a simple, nourishing recipe that's perfect for busy mornings, cozy weekends, or meal prep. With wholesome oats, apples, and warm cinnamon, it feels indulgent while staying healthy. It's quick to make, flexible with add-ins, and family-approved. Whether you enjoy it plain, topped with yogurt, or customized with nuts and chocolate chips, this breakfast bake is a recipe you'll make again and again.