



Hi! I'm Kristen Feola, author of the best-selling book, *The Ultimate Guide to the Daniel Fast*. My desire is to provide you with helpful resources to make your Daniel Fast successful. I hope you're blessed by the information you find throughout this website.



HOME

JANUARY 2020 DANIEL FAST

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BOOKS

RECIPES

BLOG

FREE RESOURCES / VIDEOS

CONTACT

Search

DANIEL FAST BAKED OATMEAL

October 21, 2009 By Kristen Feola



This delicious Daniel Fast recipe consistently ranks **#1 on my website**. Many people love it so much that they enjoy it on a regular basis, even when they're not on a fast. If you prefer to start your day with a hot breakfast, you'll appreciate this baked dish. It pairs well with a cup of coff...uh, I mean, hot lemon water. Remember, no coffee on the Daniel Fast!

BAKED OATMEAL

1 ½ cups old-fashioned rolled oats
1 ½ cups unsweetened almond milk
½ cup unsweetened applesauce
¼ cup chopped dried apricots
¼ cup chopped dates or raisins
¼ cup chopped pecans or walnuts
½ teaspoon cinnamon
¼ teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

- Spread almond butter or [Date Honey](#) on each serving.
- This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

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