Cherry Almond Baked Oat Squares with Yogurt

4 oat squares; 1 square and 1/2 cup yogurt per serving | Active 15 min | Cook 35 min | Total 65 min

Ingredients

• 2 teaspoons neutral oil (10 ml), divided: 1 teaspoon for the dish and 1 teaspoon in the mixture

• 2 large eggs (100 g without shells)

• 1 1/2 cups 2% milk (360 ml)

• 2 tablespoons pure maple syrup (40 g)

• 1 teaspoon vanilla extract (5 ml)

• 2 cups old-fashioned rolled oats (180 g)

• 1 teaspoon baking powder (4 g)

• 1 teaspoon ground cinnamon (2.6 g)

• 1/4 teaspoon fine salt (1.5 g)

• 1 1/2 cups pitted cherries, fresh or frozen (225 g)

• 1/4 cup sliced almonds (25 g)

• 2 cups plain nonfat Greek yogurt (480 g), for serving

Set out

8-inch/20 cm square baking dish, Mixing bowl, Whisk, Spatula, Food thermometer

Allergens

Egg, Milk, Almonds, Oats; choose certified gluten-free oats if needed. Check labels and substitutions.

Make it

1. Heat the oven to 350°F/180°C. Grease the dish with 1 teaspoon of the oil.

2. Whisk eggs, milk, maple syrup, vanilla and the remaining 1 teaspoon oil. Stir in oats, baking powder, cinnamon and salt, then fold in cherries.

3. Pour into the dish and spread evenly, redistributing fruit if necessary. Scatter sliced almonds across the surface.

4. Bake for 30–35 minutes, or up to 40 minutes with very cold frozen fruit, until the center is set and reaches 165°F/74°C. Rest for 15 minutes before cutting into four equal squares.

5. Serve each square with 1/2 cup/120 g yogurt. The stated total allows 35 minutes baking; add 5 minutes if the frozen fruit needs the longer bake.

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Estimated nutrition per serving

Calories: 445 kcal | Protein: 26.3 g | Carbohydrate: 57.3 g | Fat: 13.1 g | Fiber: 6.9 g. One of 4 servings. Batch yield: 4 oat squares; 1 square and 1/2 cup yogurt per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Keep breakfast portions visible

Cut and store the four squares separately rather than repeatedly opening a large dish. Add the measured yogurt when serving. The recipe scales well for a household with different waking times: each person can heat one portion without baking the remaining oats again.

A useful detail

A slight wobble from soft oats is different from liquid egg mixture. Check the center with a thermometer, and do not treat a browned almond topping as proof the middle is ready.

Another way

Replace cherries with 225 g blueberries; keep the same pan and check doneness in the same way.

Use 25 g chopped pecans instead of almonds, noting the changed tree-nut allergen and nutrition estimate.

Keep it well

Refrigerate squares in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Keep yogurt separately chilled. Reheat squares to 165°F/74°C. Freeze cooled squares individually for up to 2 months and thaw in the refrigerator.