

# Cherry and Hemp Seed Brekkie Bake

Adapted from a recipe by Fiona from @realfoodpathway on Instagram

~10 cup baking dish  
large mixing bowl  
measuring cups and spoons  
metal whisk  
stirring spoon  
plate scraper/spatula

## Do this

## with these ingredients

1. **Preheat** oven to 180°C (350°F).

2. **Line or grease** the baking dish.

3. In the bowl, **whisk** together

4 **eggs**

2 cups **milk of choice**

¼ cup **raw honey or maple syrup**

1 tsp **vanilla extract or powder**

4. **Stir in**

2 cups **rolled/traditional oats**

¼ cup **hemp seeds**

1 tsp **cinnamon or mixed spice**

5. **Allow to soak** for 10 minutes or overnight.

6. **Stir through**

2 cups **fresh or frozen pitted cherries**

7. **Pour** the mixture into the baking dish and **bake** for 40 minutes or until firm.

8. **Serve** warm or cold sprinkled with

extra **cinnamon or mixed spice**



