

Apple Hemp Bake (Vegan)

From [Julie Daniluk](#)

This is a warm, satisfying and healthy breakfast. Since it makes eight portions, you can make it once and have it for a few days. It smells and tastes like apple pie. It sure beats packaged Quaker oatmeal.

Sansational!



Makes 8 servings

Ingredients:

1 tsp ginger

1/4 tsp turmeric

1 tsp cinnamon
1 tsp vanilla extract
1/4 tsp nutmeg
1/8 tsp cloves
1/8 tsp sea salt
6 large organic eggs
1/3 cup honey
1/3 cup coconut milk
2 cups quinoa, cooked
4 cups apples, cubed
1/2 cup hemp hearts

Directions:

1. Combine all ingredients in a large mixing bowl until well mixed.
2. Pour into a 12 inch baking dish and bake at 350° F for 35-45 minutes until golden and firm to touch.