

# Custardy Baked Oatmeal

3 C. rolled oats	½ cup melted butter
2 T. flax seeds	3 eggs
1 tsp. salt	2 C. whole milk
¼ tsp. ground nutmeg	⅓ C. honey
¼ tsp. ground cinnamon	2 T. rum or whiskey
2 tsp. baking powder	splash of vanilla
¼ C. organic cane sugar	½ C. raisins

Preheat the oven to 325°F. Mix together all the dry ingredients, except the raisins. Add the wet ingredients and beat with a whisk until everything is well combined. Sprinkle in the raisins.

Pour the batter into a well buttered baking dish (a pie dish is usually a good size). Place the baking dish into a larger outer dish and put both into the oven. Pour boiling water into the outer dish (but not into the oats) to create a water bath for baking. The water should come about halfway up the side of the oat dish. Bake in the waterbath for about 40 minutes.

You can also bake without a water bath, for a more cake like texture. Enjoy!

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