

Apple Oat Casserole

2 cups quick oats
¼ cup currants
2 cups coconut, fine
2 cups grated apples
1 tsp. vanilla
1 tsp. salt
2 cups soy milk (or nut milk)

Stove-top Tropical variation:

2 cups corn grits
1 cup pineapple cut in small pieces
½ cup coconut, fine
½ cup brazil nuts, chopped
3 cups nut milk
1/8 tsp. coconut extract

Bring to boil in pot. Simmer until done.

Mix all ingredients together. Place in sprayed casserole dish. Press down. Cover with foil. Cook at 350° F 45-60 minutes.

From the kitchen of Melinda Harris