

baked oatmeal

Like eating oatmeal cookies for breakfast! Lots of variations for restricted diets, and lots of possibilities for doing ahead.

Makes approximately 6–8 servings

ingredients

- 2 eggs
- 2 c milk
- 2 T butter, melted and cooled
- 2-3 T maple syrup
- 1¾ c rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt (more to taste)
- ¼ c raisins (more to taste)

method

1. Preheat the oven to 350°F. Butter a 9" round or square baking dish.
2. Whisk together eggs, milk, butter, and syrup.
3. Add remaining ingredients, stir to combine thoroughly.
4. Pour into baking dish and bake approximately 30 minutes or until a sharp knife inserted in the middle comes out clean.
5. Allow to rest 5-10 minutes before serving.

variations

1. Vegan? Combine 2 T ground flax seeds + 6 T water and stir well, use in place of the eggs. Replace milk with a nut or seed milk. Use coconut oil in place of butter.
2. You can vary the grain used, but start with a cooked grain, such as brown rice, quinoa, etc., and use 2 cups.
3. Vary the spice (cardamom is nice) and the dried fruit you use (being in Michigan, the dried cherries and blueberries are good local options).
4. Pumpkin pie variation: replace 1 c of milk with 1 c puréed pumpkin, use ½ tsp cinnamon, ¼ tsp ground cloves, ¼ tsp ground ginger, ¼ tsp ground allspice, ⅓ tsp ground nutmeg in place of the cinnamon.

do ahead

1. This is the ultimate make-ahead hot breakfast: I make it the night before, then take it out in the morning while the oven preheats and I pack lunches. Into the oven it goes, and by the time I'm done showering, breakfast is ready, and the house smells of oatmeal cookies. To make ahead: mix together the ingredients, pour into the baking dish, cover, and refrigerate overnight. In the morning, let it sit at room temperature while you preheat the oven. Baking time will likely increase to 40-45 minutes.
2. You can also bake the dish ahead of time, let it cool to room temperature, then cover it tightly and refrigerate overnight. Reheat individual portions in a 350°F oven for approximately 10 minutes.