

WARM
AUTUMN


BREAKFAST
BAKES



OPTIONS FOR ANY
PANTRY!



WORKS WITH ANY OF
YOUR FAVOURITE
FRUIT!



BAKE ONCE AND
HAVE BREAKFAST ALL
WEEK!

FRUIT AND OATMEAL BREAKFAST BAKE

 SERVES 6-8 



Ingredients:

~8 packets flavoured instant oatmeal (such as cinnamon raisin, apple cinnamon, peaches and cream, maple brown sugar, etc). Using a variety pack is fine; the flavours go well together! Do not use chocolate, coconut or novelty varieties such as 'Dino-egg' etc. **OR use PLAIN instant oatmeal OR 2/3 cups large flake oats PLUS add 2/3 cup white or brown sugar**

~2 tsp baking powder **OR 1/4 cup pancake mix**

~pinch salt

~1 tsp cinnamon (be sure not to leave cinnamon out if using plain oats!). *Feel free to omit cinnamon or reduce amount if using flavoured instant oatmeal packs, though leaving it in is recommended

~1/4 cup vegetable/canola oil **OR melted & cooled butter/margarine (dairy-free is fine)**

~3/4 cup evaporated milk plus 1/4 cup water **OR 1 cup milk (nut or soy milk works well if you're dairy free!)**

~ 1 snack-sized container (113 g, or 1/2 cup) plain applesauce (be sure it's plain - this portion will be mixed into the batter and coloured applesauce will make the final product look a bit peculiar!) **OR 2 large eggs, room temperature**

Completely out of fruit? Drained, canned peaches, pears or fruit salad can easily take the place of the fresh fruit in this comforting breakfast bake! Check the directions for tips on using it in the recipe.



*~ 1 apple, peeled, seeded & chopped **OR about 1/2 cup chopped fresh or frozen fruit such as apples, peaches, bananas, nectarines, cherries, blueberries, etc ... if you don't have any of these options around, use an additional drained peach, pear or fruit salad snack cup!**

*~ 1 snack-sized container (about 107 ml, or 1/2 cup) diced peaches/pears/fruit salad, etc. drained

*~ 1 snack-sized container (113 g, or 1/2 cup) flavoured/mixed fruit apple sauce snack for filling/topping such as blueberry, strawberry, etc. Plain apple is fine, too! ***do not mix this cup into batter!**

***Use any combination of fruit! Use chopped, frozen fruit without thawing first, with the exception of frozen bananas, which should be mashed and added to wet ingredients. Be sure to remove pits and tough skins and cut fruit into pieces. Use all drained, canned fruit if you like! There should be about 1 cup total mixed into the batter (NOT INCLUDING the plain applesauce, which is a substitution for eggs) and 1/2 cup of applesauce/fruit purée spooned in little pools into the batter once it's spread into the baking pan.**

Directions:

~Preheat oven to 350 degrees and grease or line with parchment paper a 7 x 7 or 8 x 8 square baking pan.

~Combine oats, sugar (only if using plain oats), baking powder, salt and cinnamon in large bowl and mix well.

~In medium bowl, combine oil/melted & cooled margarine, plain applesauce/eggs, and evaporated milk + water/milk with a whisk or fork until combined.

~Pour wet mixture into dry mixture and stir well to combine. Gently fold in fresh, canned (well drained) or frozen fruit. Do not mix in the second applesauce cup which is to be used for filling/topping!

~Spread evenly into prepared baking pan and use a teaspoon to place little scoops of applesauce evenly throughout the batter. Don't stir it in; you're looking to create little pools of applesauce.

~Place on middle rack of preheated oven, uncovered, and bake for about 30-40 mins/ until a knife inserted in centre comes out clean. Let rest 5 minutes, then slice or scoop and serve warm, in a bowl, drizzled with a little maple syrup/milk or a sprinkling of cinnamon sugar, if desired.

Leftovers?

Keep both of these bakes wrapped tightly in the fridge and enjoy all week! Just warm in the microwave for about 30 seconds. Or, freeze in portions and when you're short on time in the morning, microwave for about 45-60 seconds for a hot and comforting breakfast. OR, warm and serve with a little vanilla ice cream for an amazing dessert!

What's in it for You?

This delicious breakfast bake tastes too good to be good for you, but the oats and fruit pack an impressive fibre and vitamin punch; the oats, eggs and milk deliver a great dose of protein; and cinnamon is loaded with antioxidants! Make it vegan by using the eggless option and substituting dairy-free milk, and use unsweetened applesauce to keep added sugar at a minimum!

Don't stop now! For another easy breakfast bake try...

Oatmeal & Banana Pancake Bake

~With Peanut Butter Drizzle~

Serves 6-8



~Preheat oven to 400 degrees and grease or line with parchment paper a 7 x 7 or 8 x 8 square, light coloured baking pan.

~Mash **1 large ripe banana** in medium microwaveable bowl. To it, add **1 cup milk, 3 Tbsp maple syrup and 1/4 cup butter/margarine**. Heat at 30 second intervals until slightly warmed and butter is melted.

~In large bowl, combine **2 pouches any flavour instant oatmeal, 1 1/2 cups pancake mix and 1/4 cup white or brown sugar**. Mix well. Add wet ingredients to the dry and combine just until uniformly mixed.

~Spread evenly into prepared pan and bake for 20-25 mins/until knife inserted in centre comes out clean.

~Slice and serve pieces drizzled with **warm peanut butter** (heat a few Tbsp in microwave 10-20 seconds) or spread with **butter** and drizzle with **maple syrup**.

Slice cooled, leftover pieces crossways and spread with peanut butter and jam for a new spin on an old lunchtime fave!



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