

# **BREAKFAST**

## **Baked Oatmeal**

3 cups old-fashioned oatmeal (rolled oats)

½ cup brown sugar

2 teaspoons ground cinnamon

2 teaspoons baking powder

1 teaspoon salt

1 cup milk

2 eggs

½ cup melted butter or substitute with applesauce

2 teaspoons vanilla extract

¾ cup dried cranberries (or other dried fruit)

Preheat oven to 350°. Grease a 9x13 baking dish.

In a large bowl, mix together oatmeal, brown sugar, cinnamon, baking powder and salt. Beat in milk, eggs, butter/applesauce and vanilla. Stir in dried cranberries. Spread into prepared baking dish.

Bake in preheated oven for 40 minutes.

*Adapted from [www.allrecipes.com](http://www.allrecipes.com)*

### **Dutch Baby (aka German Pancake or Puff Pancake)**

6 whole eggs

1 cup flour

1 cup low fat milk

½ tsp. salt

Preheat oven to 375 degrees F

Whisk the eggs, flour, milk and salt in a bowl, set aside.

Spray your muffin tin with non-stick spray. Pour the batter into the muffin tin.

Place in the oven and bake until the pancake is puffed and no longer moist in the center, about 20-25 minutes

Makes 12 in muffin tin

\*Optional: can add vanilla or cinnamon to your batter for sweet Dutch Baby's

Before or after baking you can also add fruits, cheese, veggies, or meats to your Dutch Baby for a fun twist.

Serve with confectioners' sugar, lemon wedges, maple syrup, salt, pepper, or ketchup depending on what type you made (sweet or savory), the possibilities are endless!!!!