

FREE SAMPLE OF SIMPLIFIED BREAKFASTS

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Baked Oatmeal



You can put this together the night before, refrigerate it, and bake it in the morning or quickly stir it up in the morning.

Time Required: 5 minutes prep, 40 minutes bake time

Process

1. Stir together the dried ingredients in a 9x13 pan. Whisk the wet ingredients together then combine with the oats in the pan until all the oats are coated.
2. Bake at 350* for 30-40 minutes.
3. Serve with milk, if desired.

Basic

1. Mix together 3 cups oats, 1/2 tsp salt, 2 tsp baking powder, 2/3 cup brown sugar. Whisk together 3 cups milk, 2 eggs, 2 Tbsp melted butter or oil, 2 tsp vanilla. Combine the wet & dry.
2. Bake at 350* for 30-40 minutes.
3. Serve with milk, if desired.

Apple Nut

1. Mix together 3 cups oats, 1/2 tsp salt, 2 tsp baking powder, 2/3 cup brown sugar, 2 medium apples chopped, 1/3 cup nuts, 1-2 tsp cinnamon. Whisk together 3 cups milk, 2 eggs, 2 Tbsp melted butter or oil, 2 tsp vanilla. Combine the wet & dry.
2. Bake at 350* for 30-40 minutes.
3. Serve with milk, if desired.

Peach Cobbler

1. Mix together 3 cups oats, 1/2 tsp salt, 2 tsp baking powder, 2/3 cup brown sugar. Whisk together 3 cups milk, 2 eggs, 2 Tbsp melted butter or oil, 2 tsp vanilla. Combine the wet & dry plus 1-2 cups fresh, thawed, or canned peaches.
2. Bake at 350* for 30-40 minutes.
3. Serve with milk, if desired.

Loaded

1. Mix together 3 cups oats, 1/2 tsp salt, 2 tsp baking powder, 2/3 cup brown sugar. Whisk together 3 cups milk, 2 eggs, 2 Tbsp melted butter or oil, 2 tsp vanilla. Combine the wet & dry plus 1 cup berries, 1 cup nuts, and 1 sliced banana.
2. Bake at 350* for 30-40 minutes.
3. Serve with milk, if desired.

Make it to go: You can make these to go by combining everything in a mixing bowl, then scooping into paper-lined or silicone-cup-lined muffin tins. If using the basic recipe, top each serving with dried fruit, chocolate chips, or berries. Bake 25-30 minutes. These freeze well, also.

Simplest Granola



Time Required: 1 1/2 hours + cooling time

Process

1. Fill a large mixing bowl with about 42 ounces (about 13 cups) rolled oats. Sprinkle with 1 Tbsp salt. Pour 1 cup oil over the oats and give it a little stir.
2. Mix 2 cups brown sugar, 1/2 cup water, and 1 tsp vanilla into a sugar slurry. Dump it in and mix until there are no dry oats. Add additional splashes of water or oil if needed.
3. Dump it into a large roasting pan (one with high sides) and pat it down.
4. Bake at 350* for 40-60 minutes, stirring and then patting it down again every 10-15 minutes. Make sure all the oats are toasty before you pull it out.
5. If you like individual grains of granola, stir it immediately after pulling it out and occasionally as it cools. If you like granola clusters, let it cool for 20 minutes before stirring lightly.
6. Serve with milk or yogurt and fresh, frozen, or dried fruit.

Although the basic recipe is good as is, you can also mix in other additions as you desire:

Add with the oats:	Add halfway through baking:
wheat germ	dried chopped dates
wheat bran	chopped dried apple
oat bran	craisins or raisins
ground flax seeds	chopped nuts
dried coconut	
cinnamon	

Mystie makes her granola on Saturday, but I will sometimes make mine in the evening, then let it cool in the turned-off oven overnight. Then it's ready for breakfast in the morning!

Fried Granola

Fried granola is a fast breakfast hack I learned a few years ago. It is so nice when you have a craving and don't have any granola prepared in advance. Of course I am a big fan of making it ahead, but in a pinch this is a great option.

Time Required: 20 minutes

Process

1. Heat a skillet on the stovetop and put a small amount of oil in the pan. Add 2 1/2 cups oats and toast lightly, stirring frequently.
2. Remove oats and place in a bowl to cool for a minute. Sprinkle with salt.
3. In the same skillet, heat 1/4 cup butter, 1/4 cup brown sugar, and 2 Tbsp honey until bubbly. Return the oats to the pan and stir until coated. Cook for another minute or two.
4. Stir in dried fruit or nuts if desired. Remove from heat and cool on a cookie sheet before serving with milk or as a topping for yogurt.

Tropical Delight

1. At the end, stir in about 2/3-1 1/2 total mixture of banana chips, dried coconut, walnuts, and/or dried mango.

Autumn Comfort

1. At the end, stir in about 2/3-1 1/2 total mixture of dried apples & raisins, with a dash of cinnamon.

Cran-Almond

1. At the end, stir in about 2/3-1 1/2 total mixture of chopped almonds and dried cranberries.