

# Breakfast Bake

## with Apples & Almonds

Makes 9 x 13 " pan

### Ingredients

3 cups cooked steel cut oats, brown rice or quinoa  
1 cup almond milk  
1/2 cup slivered almonds  
3 apples, diced  
1/4 cup raisins  
2 scoops protein powder (optional)  
3 tbsp maple syrup  
2 tbsp vanilla  
1/2 tsp nutmeg  
1/4 tsp cloves  
2 tsp cinnamon  
3 eggs  
2 tbsp shelled flax or hemp hearts



### Directions

1. PREHEAT the oven to 350F.
2. In a large mixing bowl, whisk together the milk, almonds, apples (you can save 1 apple to arrange on the top if you want), raisins, protein powder, maple syrup, vanilla, nutmeg, cloves, cinnamon and eggs until they are combined.
3. Stir in the cooked oats, rice or quinoa to the liquid mixture. Make sure it all looks combined.
4. Pour into a 9 x 13 " rectangular baking dish and sprinkle a some of the reserved apples on the top and the shelled flax or hemp hearts and bake at 350F FOR 35 minutes.
5. Let cool and keep covered in the fridge until breakfast time:) It keeps for the work week (5 days)
6. When you are ready to eat, you can reheat it, top it with some greek yogurt and a sprinkle of cinnamon.
7. YUMMY SWITCH UPS:
  1. Pumpkin Walnut: 3/4 cup pumpkin puree, 1/4 cup almond milk (reduced from 1 cup) omit apples & almonds keep everything else the same.
  2. Banana Pecan: 3 bananas, sliced, 1 tsp fresh grated ginger (omit apples, raisins and almonds)
  3. Blueberry Almond: 1 cup blueberries (omit apples, cloves & nutmeg)

Love from the ov,

Sara