



Breakfast Recipes

Amish Oatmeal (Baked)

Ingredients:

- 1 cup Quick 1 Minute Quaker Oats
- 1 cup Old Fashioned Oats
- 3 T Agave Nectar Light
- 2/3 cup Unsweetened Vanilla Almond Milk
- 3 T grass-fed butter, melted
- 1 cup egg whites
- 1 egg
- ½ tsp salt
- 2 tsp vanilla extract
- Coconut oil (used to grease pan)
- Toppings: warm almond milk, 2 tsp almond slivers and berries



Directions:

1. Preheat oven to 350 degrees and grease 13x9 pan with coconut oil
2. Combine all ingredients (oats, agave, melted butter, egg whites, salt, and vanilla extract) in a large mixing bowl
3. Stir well then pour into greased pan
4. Bake for 25-30 minutes or until edges are golden brown
5. Let cool then break up into little crumbles!
6. Top with warm almond milk, 2 tsp almond slivers and berries
7. Enjoy!

Makes 10 servings! (2/3 cup = 1 serving)

Nutrition Information:

**1 serving: 161 calories, 6 grams protein, 21 grams carbs,
5 grams fat**

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