

Breakfast

Maple Cinnamon Breakfast Bake

20 Mins
Prep Time

35 Mins
Cook Time

6
Servings

220 Calories **6g Fat** **40g Carbs** **5g Protein**



Ingredients

6 Servings **55 Mins Total Time**

Allergens: Nuts, Soy, Egg

2 Large Ripe Bananas, sliced into 1/2-inch rounds

2 Apples, peeled and diced

5 Tbsp Maple Syrup, divided

1 Cup Quick Oats, uncooked

1/4 Cup Walnuts, chopped

1/2 Tsp Baking Powder

1 Tsp Cinnamon, divided

1/8 Tsp Salt

1 Cup Vanilla Soy Milk

1 Egg

1 Tsp Vanilla

Nourishment Note

Oats



Oats contain a unique antioxidant called avenanthramides. This type of antioxidant is especially beneficial for lowering inflammation in the body. In addition, some research indicates that early introduction of oats may decrease the likelihood of childhood asthma.

Walnuts



Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for reducing inflammation within the body.

Allergen Swap

Nuts Omit Walnuts

Soy Replace soy milk with cow's milk or another non-dairy milk alternative

Egg Replace egg with a commercial egg replacement product

Instructions

1. Preheat Oven

Preheat oven to 375 °F. Spray the ceramic baking dish with cooking spray.

2. Bake Fruit

Arrange banana slices into a single layer on the bottom of the baking dish. Top with apples, ¼ Tsp cinnamon and 2 Tbsp maple syrup. Cover dish with foil and bake for approximately 20 minutes, or until the bananas get soft.

3. Combine Dry Ingredients

While the fruits are baking, combine oats, half the walnuts, baking powder, ½ Tsp cinnamon and salt into a mixing bowl. Stir well.

4. Combine Wet Ingredients

In another mixing bowl, stir together the remaining maple syrup, soy milk, egg and vanilla.

5. Pour Oat Mixture Over Fruit

Remove the baking dish from oven, then pour the oat mixture over the baked fruit.

6. Pour Milk Mixture Over Oats

Pour the milk mixture over the oats, making sure to distribute as evenly as possible over the oats.

7. Add Toppings & Bake

Sprinkle the remaining ¼ Tsp cinnamon and walnuts over top. Bake for approximately 35 minutes, or until the top is golden brown and the oatmeal has set.

8. Serve & Enjoy

Serve warm from the oven and enjoy!

Recipe adapted from skinnytaste.com

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Ceramic Baking Dish (8x8 or 9x9)



Tin Foil



Cooking Spray



Measuring Cups



Measuring Spoons



Mixing Bowls (2)



Mixing Spoon

Breathe Better Food Tip

- Salicylates – Omit apples and substitute with ripe pears; Omit walnuts and substitute with pecans; omit cinnamon.