

## Healthy and Hearty Homemade Breakfast Recipes

### **Baked Oatmeal**

3 cups dry oats, (can use quick or old fashioned)  
½ cup packed brown sugar  
2 teaspoons baking powder  
½ teaspoon salt (can omit for lower sodium)  
2 eggs  
1 and ¼ cups low fat milk  
¼ cup canola oil  
1 teaspoon vanilla extract

For peach and blueberry: Drain 1 15 oz. can diced peaches, and 1 cup fresh or frozen blueberries. Can use any other fruit you like.  
1/3 cup chopped walnuts

Method: In a large bowl, combine the oats, brown sugar, baking powder and salt. In a small bowl, whisk the eggs, milk, oil and vanilla. Stir into dry ingredients and let stand 5 minutes. Fold in the fruit gently. Transfer to an 11 x 7" baking dish which has been coated with cooking spray. Sprinkle top with walnuts. Bake, uncovered, in a 350 degree F. oven for 35-40 minutes or until top is browned lightly and center springs back when touched. Makes 9 servings. Per serving: 277 calories, 11 gm fat, 263 mg. sodium, 38 gm carbs, 3 gm fiber and 8 gm protein. (Recipe adapted from Taste of Home)

### **Refrigerator Bran Muffins**

2 cups All-Bran cereal  
2 cups buttermilk  
¾ cup canola oil  
1 and ½ cups packed brown sugar  
2 eggs  
2 cups all purpose flour  
2 teaspoons baking soda  
½ teaspoon salt

Method: In a large bowl, combine cereal, buttermilk and oil. Allow to stand for 5 minutes or until cereal is softened. Beat in brown sugar and eggs. Stir in flour, baking soda and salt. Store batter in refrigerator for up to 2 weeks. Make a few whenever you want hot, freshly baked muffins!

To bake: Fill greased or paper-lined muffin cups about 2/3 full with batter. Bake in 375 degree F. preheated oven for about 25 minutes or until a pick inserted in center comes out clean. (Recipe adapted from [www.cooks.com](http://www.cooks.com))

### **Brown Sugar and Oatmeal Pancakes**

½ cup plus 2 tablespoons quick oats

½ cup whole wheat flour

½ cup all purpose flour

½ teaspoon baking soda

½ teaspoon salt

1/3 cup packed brown sugar

1 egg

2 tablespoons vegetable oil

1 cup buttermilk

Method: In a small bowl, combine the oats, flours, baking soda, salt and brown sugar. In another small bowl, whisk together the egg, oil and buttermilk. Stir into dry ingredients just until moistened. Pour batter by 1/3 cupfuls onto a greased hot griddle. Turn when bubbles form on top. Cook until the second side is golden brown. Makes about 10 pancakes. Serve with fresh fruit for topping – they are already sweet – no syrup needed! Per 2-pancake serving: 263 calories, 8 gm fat, 433 mg. sodium, 42 gm carbs, 3 gm fiber, and 7 gm protein. (Recipe adapted from Taste of Home)