

Breakfast Loaf

6-8 servings

This recipe is adapted from a verbal recipe given to me from a friend. For a long time I have suggested to add egg to cooked cereal to boost the protein, so I knew this was going to be a good one. It's great to make ahead and slice up a serving each morning and reheat in the microwave.

- 2 cups steel cut oatmeal
- 2 Tbsp butter
- 2 cups boiling water
- ¼ cup diced dried dates
- 1 small apple, diced
- 1 Tbsp ginger chips
- ½ tsp salt, optional
- 1 Tbsp cinnamon
- 1/8 tsp nutmeg
- 4 eggs, beaten
- ¼ cups milk
- ½ tsp vanilla extract
- 1 Tbsp stevia or sweetener of choice

Put oats in large bowl, along with butter. Pour in boiling water, cover and allow to sit approximately 20 minutes. Stir in remaining ingredients. Put in greased loaf pan and bake at 350°F for 35-45 minutes, until cooked through.

Approximate Nutrition Analysis: Cals 140, Pro 10g, Carb 30g, Fiber 3g



