



Cinnamon Pear Baked Oatmeal

4 servings
40 minutes

Ingredients

- 2 cups Oats (rolled)
- 1 tsp Cinnamon
- 3/4 tsp Baking Powder
- 1/8 tsp Sea Salt
- 2 cups Unsweetened Almond Milk
- 1/4 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 3 Pear (chopped)

Nutrition

Amount per serving	
Calories	300
Fat	4g
Carbs	62g
Fiber	9g
Protein	6g
Calcium	336mg

Directions

- 1 Preheat the oven to 375°F (190°C) and grease a baking dish, or line it with parchment paper.
- 2 Add the oats, cinnamon, baking powder, and salt to a large bowl and mix well. Add the milk, maple syrup, and vanilla and mix to combine. Fold in the pears.
- 3 Bake for 30 to 35 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide evenly between plates and enjoy!

Notes

Leftovers: Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch (20 x 20 cm) baking dish was used to make four servings.

Additional Toppings: Yogurt, maple syrup, nuts/seeds or nut/seed butter.



Oat Pancakes

5 servings
15 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 2 1/2 tbsps Water
- 1 1/2 cups Oat Flour
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Powder
- 1 1/4 cups Oat Milk
- 1 tbsp Coconut Oil
- 1/3 cup Maple Syrup (for drizzling)

Nutrition

Amount per serving	
Calories	262
Fat	7g
Carbs	42g
Fiber	4g
Protein	7g
Calcium	157mg

Directions

- 1 In a small bowl, whisk together the ground flax and water. Set aside to thicken for five minutes.
- 2 In a large bowl, whisk together the oat flour, sea salt, and baking powder. Add the oat milk and flax seed mixture. Allow it to sit for five minutes to thicken.
- 3 Heat a pan over medium-high heat and add some of the coconut oil, enough to coat the pan. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Serve the pancakes with a drizzle of maple syrup, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Pancakes can also be frozen and reheated in the toaster.

Serving Size: One serving size is equal to approximately two pancakes.

Helpful Tips: To make your own oat flour, add rolled oats to a food processor or blender and blend until fine. For thicker pancakes, add less milk, adding it slowly to the batter to reach the desired consistency.

Additional Toppings: Top with fresh fruit, nut butter, jam, and/or coconut cream.



Arugula & Mushroom Frittata

2 servings
25 minutes

Ingredients

- 3 Egg
- 6 Cremini Mushrooms (medium, quartered)
- 1 cup Arugula (plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 2 grams Avocado Oil Spray

Nutrition

Amount per serving	
Calories	122
Fat	7g
Carbs	3g
Fiber	1g
Protein	11g
Calcium	60mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Whisk the eggs in a bowl and add in the mushrooms and arugula. Season with salt and pepper.
- 3 Spray a cast-iron pan or an oven-safe dish with oil. Pour the egg mixture into the pan.
- 4 Cook in the oven for 15 to 17 minutes or until the eggs have set. Top with extra arugula, slice the frittata, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A six-inch (15 cm) cast-iron pan was used to make two servings. One serving is roughly half of the pan.

More Flavor: Add feta or ricotta to the egg mixture.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.