

## Baked Oatmeal

### 4-6 Servings

3 Cups **THRIVE** Rolled Oats

1/3 cup sweetener (may add up to ¼ Cup for sweeter oatmeal):

**THRIVE** Honey Crystals

**THRIVE** Brown Sugar

**THRIVE** Cane Sugar

May also use Local Maple Syrup or Raw Honey (If using either of these liquid sweeteners, mix in with water and vanilla, below)

8 tsp **THRIVE** Butter Powder (Or 1/2 Cup butter, melted; you may also use 1/3 Cup melted Coconut oil)

2 TBSP **THRIVE** Whole Egg Powder (Or two whole eggs)

(If using **THRIVE** Scrambled Egg Mix, use 4 TBSP of egg mix and 2 additional TBSP water )

6 TBSP **THRIVE** Instant Milk Powder

2 tsp baking powder (may be omitted if you don't have on hand, but makes the final product lighter)

1 tsp salt

2 tsp Cinnamon

2 1/3 Cups water

1 tsp Vanilla

Preheat oven to 375 degrees F.

Grease a 13 X 9X 2 pan. I prefer to use butter for this (I actually take the pan, melt the 1/2 Cup butter right in it, then pour it into the bowl when it is time to add it. Reducing the number of dishes I have to wash!)

Mix all **DRY** ingredients well in a large bowl. Add vanilla to water and drizzle over the oatmeal mixture in the bowl. Mix until well combined, then pour into buttered pan, and spread well. Bake for 25 minutes at 375 degrees. Allow to cool for 5-10 minutes. This setting time makes it easier to cut and serve. Serve with some syrup, honey, poached or fried eggs, or just plain. Delicious no matter how you cut it!

For added fiber or variety you can add any of the following or a combination:

1/8-1/4 Cup Freshly ground flax seed

1/8 Cup ground Chia Seeds

Chopped Pecans, walnuts, or almonds

Shredded Coconut

Chopped fruit: Dry apples, apricots, or pears work well, but make sure to add the additional water to rehydrate during baking.

Change up the spices to taste like Pumpkin pie by adding a teaspoon of pumpkin pie spice or a combination of cinnamon, ginger, nutmeg, and all spice.

NOTE: If adding flax and/or Chia seeds add a small amount of additional water to balance out the recipe so that it does not cook up too dry. An extra 1/2 Cup is plenty.