



Healthy HARVEST

Breakfast Blueberry-Oat Cakes

Adapted by EatingWell

Makes about 12 oat cakes

Ingredients:

- 2½ cups old-fashioned rolled oats
- 1½ cups milk (can use any milk you like! Soy/nut milks also work well)
- 1 large egg, lightly beaten
- ⅓ cup pure maple syrup
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup blueberries, fresh or frozen
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Directions:

1. Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed, at least 8 hours and up to 12 hours (overnight)
2. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
3. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until combined. Divide the mixture among the muffin cups (about ¼-1/3 cup each). Top each with 1 tablespoon blueberries. (* you can fill up to the top- these don't puff up much like a typical muffin)
4. Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for a 10 minutes. Loosen and remove with a small knife or spoon. Serve warm.

Keep extras in fridge up to 4 days after baking- warm in the microwave before serving!