

# JOHN'S BREAKFAST FAVORITE

*We love this recipe, passed down from my mother, because it's quick and easy to assemble, high protein, high fiber, and delicious. Gets our day off to a powerful start!*

**PREP TIME:** 15 minutes

**COOK TIME:** 1 hour

**SERVINGS:** 8

## INGREDIENTS

- 2 ¼ c. quick-cooking oats
- ¾ c. firmly-packed brown sugar
- ¾ c. raisins
- 1 tsp. cinnamon
- ½ tsp. salt
- 3 ½ c. milk
- 3 eggs, lightly beaten
- 1 tbsp. vegetable oil
- 1 tbsp. vanilla

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Spray 8" square glass baking dish with Pam.
3. In large bowl, combine oats, sugar, raisins, salt and cinnamon. Mix well.
4. In medium bowl, combine milk, eggs, oil and vanilla.
5. Add wet ingredients to dry. Mix well.
6. Pour into baking dish, bake 60 minutes, until center is set and firm.
7. Serve plain or with milk. Reheat single servings in microwave for 30 seconds. Can cut into servings and freeze.

### NOTES:

To double, make in lasagna pan; use 5 eggs, not 6. This recipe is quite flexible – we've used almond milk, added ¼ c. flax seed, and substituted 1 c. chunky applesauce for 1 c. milk, and it's delicious with any or all of those modifications.