

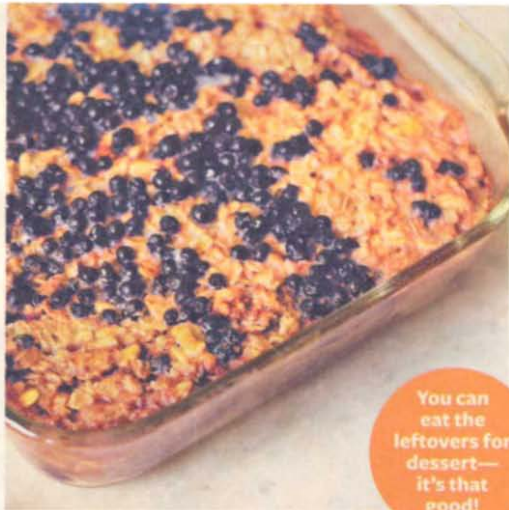
YOU HAVE TO TRY THIS RECIPE!

Baked Oatmeal

I can microwave oatmeal any day, but serve it to company?! Never. Then I fell in love with this idea from Heidi Swanson's book *Super Natural Every Day: Well-Loved Recipes from My Natural Foods Kitchen* (Ten Speed Press). Oats, fruit, milk, and an egg bake up into a cross between bread pudding, pie, and oatmeal. I prep mine the night before, refrigerate, and then slide it into the oven before I even start the coffee. Now when friends suggest going out to brunch, I suggest my place.

- 2 cups rolled (not instant) oats
- ½ cup walnuts, toasted and chopped
- ⅓ cup sugar or maple syrup, plus more for serving
- 1 tsp. baking powder
- 1½ tsp. ground cinnamon
- Scant ½ tsp. fine-grain sea salt
- 2 cups milk
- 1 large egg
- 3 tbs. unsalted butter, melted
- 2 tsp. vanilla extract
- 2 ripe bananas, sliced into pieces
- 1½ cups fresh or frozen blueberries, huckleberries, or mixed berries

1. Preheat oven to 375°F. with rack in top third of oven. Butter 8-by-8-inch baking pan.



You can eat the leftovers for dessert—it's that good!

- 2. In a bowl, mix together oats, half the walnuts, sugar, if using, baking powder, cinnamon, and salt. In another bowl, whisk together maple syrup, if using, milk, egg, half the butter, and vanilla.
- 3. Arrange bananas in a single layer in bottom of prepared baking dish. Sprinkle two-thirds of berries over top. Cover fruit with oat mixture. Slowly drizzle milk mixture over oats. Gently give baking dish a few thwacks on countertop to make sure milk moves through oats. Scatter remaining berries and walnuts on top.
- 4. Bake 35 to 45 minutes, until top is golden and oats have set. Remove from oven; drizzle remaining melted butter on top. Serve with extra sugar or syrup.

QUIZLET

The world's oldest published recipe is for ...?

- a. Beer
- b. Wine
- c. Bread
- d. Cheese