



Breakfast Apple Cake

Ingredients

- 4 C uncooked rolled oats
- 2 C milk or milk substitute (some people use fruit juice to make it sweeter)
- 2 C chopped apples (or pears)
- 1 Tbs spice - cinnamon (or cardamom)
- 1 C egg whites or whole eggs (6-8 eggs)
- Optional ingredients
- $\frac{3}{4}$ -1C currants (or raisins, or goji berries or other small dried fruit)
- 1-1 $\frac{1}{2}$ walnut halves (or pecan halves or almonds), can also be chopped

Steps

1. Preheat oven to 350 degrees F
2. Mix milk and spice
3. You can either whip up the whole eggs or separate them and whip the whites, mix the yolks with step 1 ingredients
4. Fold in the oats to the milk mixture
5. fold in the dried fruit and apples
6. Fold in the eggs (or egg whites)
7. Pour into a large rectangular baking dish or muffin cups
8. Spread nuts on top
9. Bake at 350 for 45-55 minutes
10. Allow to cool and cut into desired portions

Technically this recipe is for 8 servings but they are quite large. We cut them into desired size, wrap in foil, put them in a freezer bag and when we want an easy, portable breakfast pop them in the toaster oven when we get up and have a quick meal on the go.