

Baked Oatmeal

Preheat oven to 350'

½ cup melted butter

¾ cup honey

3 beaten eggs

½ tsp. salt

4 ½ cups quick oats

1 ½ Tlbs. Cinnamon

3 tsp. baking soda

1 ½ cups milk (I use almond or coconut milk)

Top with fresh fruit slices (berries, blueberries, bananas, etc.)

Mix all together in a bowl, pour into a greased 13x9x2" pan. Bake at 350' for 30 minutes. Serve warm with or without milk, or cool and eat as a snack on the go.

Best Banana Bread

Preheat oven to 350'

½ cup butter

¾ cup honey

2 eggs, beaten

4 bananas

1 ½ cups flour

1 tsp baking soda

½ tsp salt

½ tsp vanilla

Cream together honey and butter.

Add eggs, vanilla, and crushed bananas

Combine well.

Add flour, soda and salt.

Mix just until combined. Do not over mix.

Baking options

- Pour into greased and floured loaf pan and bake for 55 minutes. (Makes 1 loaf)
- Scoop batter into paper lined muffin tins, Bake for approximately 12 minutes. (Makes 2 dozen)