

## Make Ahead Breakfast Meal Ideas

**Oatmeal** can be a healthy and hearty meal. Try some of the below recipes. You can always alter them to suit your taste. Oatmeal can also make a great snack. Try testing our various sweet and savory additions! Oatmeal is easy to make ahead of time and store in the fridge or freezer.

### For Extra calories try:

- Substitute juice or milk instead of water
- Additional milk powder
- Substitute Ensure, Boost or Carnation instant breakfast for milk or water
- Add in chopped or ground nuts, or a scoop or nut butter
- Add raisins or other dried fruit
- Add Greek yogurt for extra protein and a creamy texture
- Sprinkle ground flax seed, chia seeds or sunflower seeds
- Add banana for extra fiber, nutrients and a creamy texture

### Apple Cinnamon Slow Cooker Oatmeal

Warm and hearty breakfast that you can cook overnight! Makes 6 servings

Ingredients:

- 1 cup **steel cut oats**
- 1 cup water or apple juice
- 2.5 cups milk
- 1 cup peeled and chopped apples
- ½ cup raisins (can also add dried cranberries or cherries)
- ½ cup chopped pecans or walnuts
- 2 Tablespoons Butter
- 1 Tablespoon Ground Cinnamon
- 3 Tablespoons Brown Sugar
- 2 Teaspoons vanilla extract
- Pinch of salt
- (Optional ) Maple Syrup - drizzle on top to taste



Directions:

1. Add all ingredients into slow cooker (except optional maple syrup)
2. Mix well until well blended
3. Cook on low heat for about 6 hours
4. Serve with a drizzle of maple syrup on top if desired

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### Blueberry Overnight Oatmeal

Makes 1 serving

Ingredients:

- 1/3 cup milk
- ¼ cup rolled oats
- ¼ cup Greek Yogurt
- 1 Tablespoon Chia Seeds
- ½ Tablespoon Honey
- ½ Tablespoon Ground Cinnamon
- ¼ cup fresh or frozen blueberries



Directions:

1. Combine milk, oats, Greek yogurt, chia seeds, honey and cinnamon in a ½ pint jar with lid. Cover, and shake until combined. Remove Lid and fold in blueberries.
2. Cover jar with lid and refrigerate overnight or for 8 hours. Enjoy.

### Peanut Butter Overnight Oatmeal

Makes 1 serving

Ingredients:

- ½ cup milk
  - ½ cup rolled oats
  - 2 Tablespoons Peanut Butter
  - ¾ Tablespoon Chia Seeds
  - 1 Tablespoon Brown sugar (or Maple Syrup)
- Topping:
- 1 Banana
  - ½ cup strawberries or raspberries
  - 1 Tablespoon wheat germ or ground flaxseed



Recipe and photo from The Minimalist Baker

Directions:

1. Combine milk, oats, peanut butter, chia seeds, and brown sugar in a bowl or jar. Mix ingredients well and cover with lid or plastic wrap.
2. Let sit in refrigerator for at least 6 hours.
3. Top with bananas, berries and wheat germ or flax.

# Make Ahead Breakfast Meal Ideas

## Easy Breakfast Casserole

Recipe makes 2 casseroles. Freeze one for later! If you are going to freeze the recipe be sure to freeze **UNBAKED** casserole.

Makes 12 servings (6 servings per casserole)

### Ingredients:

- 4 cups seasoned croutons
- 2 cups shredded cheddar cheese
- 1 medium onion, chopped
- ¼ cup chopped red pepper
- ¼ cup chopped green pepper
- ½ cup chopped mushrooms
- 8 eggs
- 4 cups milk
- ½ teaspoon salt
- 1 teaspoon ground mustard
- ¼ teaspoon ground black pepper
- 8 strips bacon, cooked and crumbled



Breakfast Bake Recipe photo by Taste of Home

### Directions:

1. Grease 2 - 8 inch square baking dishes.
2. Sprinkle croutons, cheese, onions, peppers, and mushrooms into casserole dishes (split equally between two dishes).
3. In a large bowl, whisk together eggs, milk, cream, salt, mustard, and black pepper. Slowly pour over vegetables and croutons.
4. Sprinkle bacon over the top of both casseroles.
5. If you choose to freeze: Cover tightly and freeze in casserole dish. Thaw completely in refrigerator for at least 24 hours.
6. Bake at 350° F for 50-60 minutes or until knife inserted into the center comes out clean.

### Other options:

- Omit Bacon, or substitute chunks of sausage or ham
- Add in additional vegetables. You may also use canned mushrooms (drained) or canned or frozen peppers.
- Swap all or half of the milk with cream for additional calories
- Add additional dried milk powder for more protein and calories