

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

“Mom is Great” Breakfast Cake

Adapted from:

<http://heavenlyhomemakers.com/mom-is-great-she-gives-us-breakfast-cake>

Original Recipe Ingredients:

- 1 cup butter, melted and cooled
- 3/4 cup buttermilk
- 2 cups whole wheat flour
- 2 cups whole rolled oats
- ¾ cup honey
- 2 eggs
- 1 t. sea salt
- 1 t. baking soda
- 1 t. vanilla
- 1 cup raisins, chocolate chips or other dried fruit

Directions:

- Stir together butter, buttermilk, flour and oats in a glass bowl. Cover with a cloth and allow the grains to soak on your counter overnight or for at least 8 hours.
- Stir in honey, eggs, salt, baking soda and vanilla. Fold in raisins, chocolate chips or dried fruit. Pour into a buttered 9x9 inch baking pan. Bake at 350 degrees for 30-40 minutes or until toothpick inserted in the middle comes out clean.

GF Version Ingredients:

Directions are important to this recipe

- 2 cups whole rolled oats <-- I use non-quick cook certified GF oats
- 1/2 cup yogurt
- 1 cup of Golden Flaxseed Meal
- 1 cup of Almond meal
- 1 t. sea salt
- 1 t. baking soda
- 1/2 cup butter + 1/2 cup coconut oil, melted (but not so hot that it will melt the chocolate chips)
- 2 eggs + milk to make 3/4 cup + 2 more eggs
- ¾ cup honey
- 1 t. vanilla
- 1 cup raisins, chocolate chips or other dried fruit

Directions:

- Combine Yogurt + Rolled Oats in a glass bowl. Cover and allow to soak on counter overnight for at least 8 hours.
- In the morning, break up the clumps (it will be clumpy) & add all the dry ingredients, mix and add all the liquids, mix.
- Add chocolate chips/fruit & mix again
- Pour into a buttered 13x9 inch baking pan.
- Bake at 350 degrees for 30-40 minutes or until toothpick inserted in the middle comes out clean.

Fresh out of the oven, this is delicious!!

I have made this without the overnight prep (skip the yogurt and use 'quick cook' certified GF oats).