

## Make Ahead Breakfast Bake



By now you know that oats are the number one way to start your day off well, and they are a powerful tool when looking to lose weight, improve heart numbers, and manage or prevent diabetes. Overnight oats and make-ahead granola bars are simple ways to get more oats involved at breakfast time, but these dishes almost always mean your morning will also include some kind of sweetener.

So we've come up with a simple breakfast casserole that's packed with those amazing oats, as well as a ton of vegetables and eggs. Because this bake is savory, it's filled to the brim with ingredients that are major sources of protein and antioxidants. With no sugar whatsoever, you'll be sure to avoid any afternoon crashes, and instead be ready to go all day with steady, long-lasting energy!

Yield: 8 servings

<b>Ingredients</b>	
Old-Fashioned Rolled Oats	2 cups
Avocado or Coconut oil	1 Tbsp + extra for pan
Onion, chopped	½ cup
Button Mushrooms, chopped	1 cup
Baby Spinach	2 cups
Dijon Mustard, whole grain	1 Tbsp



# Homemade Method™

Dried Thyme	1 tsp
Vegetable broth, low sodium	2 cups
Egg	1 whole
Baking Powder	1 tsp
Kosher Salt and Black Pepper	To taste
Sun-dried Tomatoes, minced	1/3 cup
Crumbled Goat Cheese	2oz

## Instructions:

1. Preheat your oven to 375F and coat a pie pan with your oil.
2. Heat a large saute pan over medium-high heat, then add 1 Tbsp of high smoke point oil.
3. Add your onions, stir and saute for 1-2 minutes, until they begin to sweat.
4. Add your mushrooms, saute for 3-4 minutes more, until they also begin to sweat. Season with a pinch of salt.
5. Add in your spinach along with a small sprinkle of water and salt, cover and allow the spinach to steam and cook down for 1 minute.
6. Remove the lid, add the mustard and thyme and stir the vegetables all together, taste for seasoning then remove from the heat.
7. Pour the vegetable broth into a large mixing bowl, then whisk in your egg, 1 tsp of salt, and the baking powder. Stir in the oats, sun dried tomatoes, and the vegetable mixture.
8. Transfer everything to the prepared pie pan, and spread the crumbled goat cheese over the top.
9. Bake for 40 minutes or until golden brown, store in the fridge for up to 5 days or in the freezer for up to 3 months. Reheat in the microwave or oven.

## Recipe Notes:

- You can make this recipe gluten free by using gluten free oats.
- You can make this recipe vegan by subbing in 1 Tbsp flaxseed with 3 Tbsp water for the egg, and using herbs, olives, or pine nuts instead of the goat cheese.
- You can save yourself time and clean up by just folding in the veggies raw, they will cook up fine in the oven they just might be a bit less flavorful.