



Baked Oatmeal



Zucchini Bread Baked Oatmeal

Studded with vibrant zucchini, crunchy walnuts and chewy raisins, this hearty and sweet Zucchini Bread Baked Oatmeal is a healthy and satisfying way to start your day!



GLUTEN FREE



SOY FREE

Prep Time: 10 minutes

Total Time: 45 minutes

Serves: 4

1 flax egg (1 tablespoon ground flaxseed + 3 tablespoons water)
1 1/2 cups non-dairy milk
1/4 cup coconut sugar
2 tablespoons coconut oil
1 teaspoon cinnamon
1/2 teaspoon sea salt
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger
2 cups rolled oats
1 cup grated zucchini
Optional: chopped walnuts and/or raisins

FAITH'S TIP

*To make a flax egg, whisk together 1 tablespoon ground flaxseed with 3 tablespoons of water. Set it aside to thicken.

1. Preheat your oven to 350F/175C degrees and grease an 8x8 baking dish. Set it aside.
2. In a large mixing bowl make your flax egg by whisking together 1 tablespoon of ground flaxseed and 3 tablespoons of water. Allow it to sit and thicken for about 5 minutes.
3. Once your flax egg has thickened, add in the non-dairy milk, coconut sugar, coconut oil, salt and spices and whisk well to combine.
4. Stir in the rolled oats and zucchini and, if using, the walnuts and raisins.
5. Pour the batter into your greased baking dish and spread the mixture out until even and the liquid and oats are evenly distributed.
6. Bake for 25-35 minutes or until set.
7. Slice and enjoy!

Brownie Batter Baked Oatmeal

Enjoy chocolate for breakfast with this hearty, naturally sweetened Vegan Brownie Batter Baked Oatmeal!



GLUTEN FREE



SOY FREE

Prep Time: 10 minutes

Total Time: 45 minutes

Serves: 6

1 flax egg (1 tablespoon ground flaxseed + 3 tablespoons water)
1 cup mashed banana (from 2-3 ripe bananas)
1/3 cup cocoa powder
1/4 cup nut butter*
1/4 cup maple syrup
1 teaspoon vanilla extract
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 teaspoon sea salt
1 3/4 cups non-dairy milk
3 cups rolled oats

FAITH'S TIP

*I like to use black or white tahini, but any nut or seed butter will work great!

1. Preheat your oven to 375 degrees.
2. Grease a 8x8 inch baking dish or 9 inch cake pan. Set aside.
3. In a small bowl, whisk together 1 tablespoon ground flaxseed with 3 tablespoons water. Set aside to thicken. This will be your "egg."
4. In a mixing bowl, mash your bananas.
5. To the bananas, add in the thickened flax egg, cocoa powder, nut butter, maple syrup, vanilla, baking powder, cinnamon and salt. Whisk everything together until a uniform batter forms.
6. Next whisk in the non-dairy milk until smooth.
7. Add in the 3 cups of old-fashioned rolled oats and stir until combined.
8. Pour the batter into your prepared baking dish and bake for about 25-35 minutes or until cooked through.
9. Serve warm with more maple syrup, nut butter and non-dairy milk!

Peanut Butter Banana Baked Oatmeal

Combining two of the best ingredients and hearty rolled oats, this Peanut Butter Banana Baked Oatmeal is going to be your go-to breakfast!



GLUTEN FREE



SOY FREE

Prep Time: 10 minutes
Total Time: 45 minutes
Serves: 4

2 flax egg (2 tablespoon ground flaxseed + 6 tablespoons water)
1 ripe banana
1/3 cup creamy peanut butter
2 tablespoons maple syrup
1/2 cup non-dairy milk
1 1/2 cups rolled oats
1/4 cup oat flour
1 teaspoon baking powder
Pinch of sea salt

1. Preheat your oven to 375 degrees and grease a 8x8 inch baking dish.
2. In a large bowl, prepare your two flax eggs by whisking together 2 tablespoons of ground flaxseed and 6 tablespoons of water. Allow the "eggs" to thicken.
3. In a large bowl, prepare your two flax eggs by whisking together 2 tablespoons of ground flaxseed and 6 tablespoons of water. Allow the "eggs" to thicken.
4. Once the eggs have thickened, add in your mashed banana, peanut butter, maple syrup and non-dairy milk and whisk until smooth.
5. Add in the remaining dry ingredients and stir until combined.
6. Pour the batter into your prepared baking dish and even out the top. Top with more ripe banana slices if desired.
7. Bake for about 30-40 minutes or until set.
8. Slice and enjoy with more peanut butter and banana!

Make-Ahead Carrot Cake Baked Oatmeal



GLUTEN FREE



SOY FREE

Full of whole grains, natural sweetness and shredded carrot, this make ahead Carrot Cake Baked Oatmeal is perfect for busy mornings!

Prep Time: 10 minutes

Total Time: 8 Hours, 45 minutes

Serves: 4

2 cups rolled oats
2 tablespoons ground flaxseed
1 teaspoon cinnamon
Dash ground ginger
1/4 teaspoon sea salt
1/4 cup raisins
1/4 cup liquid sweetener
2 cups non-dairy milk
1 cup shredded carrot

FAITH'S TIP

Maple syrup, honey, agave, etc. all work great for the liquid sweetener.

1. Grease an 8x8 and set aside.
2. In a mixing bowl, mix together the dry ingredients, from the rolled oats to the raisins.
3. Add in the sweetener, non-dairy milk and shredded carrot. Stir until well combined
4. Pour the batter into your prepared baking dish and smooth out the batter until even and uniform.
5. Place the baking dish in the fridge overnight or for a few hours. Alternatively, you can bake this oatmeal right away. You may just need to increase the baking time a little bit.
6. In the morning, removed the baking dish from the oven and preheat the oven to 350 degrees.
7. Bake the oatmeal for about 25-30 minutes or until set.
8. Serve warm with your favorite toppings!

Berry Baked Oatmeal

This Berry Baked Oatmeal is my go-to dish when I have to make breakfast for a bunch of people. It doesn't take much time to put together, it's hearty and, most importantly, delicious!



GLUTEN FREE



SOY FREE

Prep Time: 20 minutes

Total Time: 50 minutes

Serves: 4

2 ripe bananas, sliced
1 flax egg (1 tablespoon ground flaxseed + 3 tablespoons water)
1 2/3 cups non-dairy milk
1/3 cup maple syrup
2 teaspoons vanilla extract
1 teaspoon baking powder
1 1/2 teaspoon cinnamon
1/2 teaspoon sea salt
2 cups rolled oats
1/2 cup walnuts, toasted
1 1/2 cups berries

FAITH'S TIP

To toast your walnuts, place them on a baking dish in an oven heated to 375 degrees for about 7 minutes.

You can use fresh or frozen berries!

1. Preheat your oven to 375 degrees and spray an 8x8 inch square baking dish with cooking spray. While you're preparing the oatmeal, toast your walnuts, if desired (see Faith's Tip.)
2. Slice your ripe bananas and place them in a layer on the bottom of your baking dish. Set it aside.
3. In a large mixing bowl prepare your flax egg by whisking together 1 tablespoon of ground flaxseed and 3 tablespoons of water. Allow it to sit for 5 minutes to thicken.
4. Once the flax egg has thickened, whisk in the non-dairy milk, maple syrup, vanilla extract, baking powder, cinnamon and salt.
5. Lastly, stir in your rolled oats, toasted walnuts and berries. If desired reserve some of the nuts and berries to sprinkle on the top.
6. Pour the batter on top of your sliced bananas in the baking dish and spread it out to be level. Sprinkle the top with any reserved berries and walnuts.
7. Bake for about 25-35 minutes, or until set.
8. Let cool for a few minutes before serving plain or with more berries and maple syrup.

Maple Pecan Baked Oatmeal

Full of hearty whole grains, crunchy pecans and warming spices, this healthy, vegan Maple Pecan Baked Oatmeal will become a family favorite all year round.



GLUTEN FREE



SOY FREE

Prep Time: 15 minutes

Total Time: 55 minutes

Serves: 4-6

1 1 flax egg (1 tablespoon
ground flaxseed + 3
tablespoons water)

2-3 ripe bananas, sliced

1 2/3 cup non-dairy milk

1/3 cup maple syrup

1 teaspoon vanilla extract

2 cups rolled oats

1 teaspoon baking powder

1 1/2 teaspoons cinnamon

1/2 teaspoon sea salt

1/2 cup pecans, chopped

FAITH'S TIP

Use whatever nuts you fancy!

1. Preheat your oven to 375F/190C and grease an 8x8 pan with cooking spray or coconut oil. Place the sliced banana coins in a single layer on the bottom of the pan until the entire pan is covered. Set aside.

2. In a large mixing bowl, whisk together the ground flaxseed and water and allow it to thicken for about 5 minutes.

3. Add the non dairy milk, maple syrup and vanilla to the flax egg and whisk to combine.

4. Lastly add in the dry ingredients, from the rolled oats to half of the chopped pecans, and stir until combined.

5. Pour the batter into your banana lined baking pan and use a spoon to level out the top. Sprinkle over the remaining pecans and gently press them down into the oatmeal.

6. Bake the oatmeal for 35-40 minutes or until set.

7. Cut into pieces and serve with more maple syrup, chopped pecans and fresh fruit!

PLANT BiASED

In my Plant Biased print book and ebook, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



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About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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