



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Treat Your Family to Holiday Breakfast!



If you're planning for a holiday breakfast with your family or a larger group, start with an egg casserole that you can prepare ahead and bake in the oven. There are many options on IncredibleEgg.org.

*Then, add a sweet treat with a fruit-filled cake.
The oats and blueberries make it a bit healthier.*

Blueberry Breakfast Cake

Ingredients:

- 1-1/3 cups flour
- 3/4 cup quick-cooking oats
- 1/3 cup sugar
- 2 tsps. baking powder
- 1/4 tsp. salt
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg
- 1 cup frozen blueberries



*Recipe and image
courtesy of Blueberry.org.*

Directions:

1. Preheat oven to 400°F. Grease an 8-inch round baking pan, then set aside.
2. In a medium mixing bowl, combine flour, oats, sugar, baking powder and salt.
3. In a small bowl, stir milk, oil and egg. Then, pour all at once into the flour mixture.
4. Stir until just moistened (batter will be lumpy). Fold in blueberries.
5. Spoon batter into prepared pan. Bake until cake is golden and pulls away from the sides of the pan – approximately 20-25 minutes. Cool on a rack for 5-10 minutes. Serve warm.