Carrot Cake Oats

Cook time: 10 minutes **Difficulty:**

Ingredients:

- 1 cup rolled oats
- 2 Tablespoons chia seeds
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- pinch of salt
- ¾-1 cup milk of your choice
- 2 Tablespoons maple syrup
- 2 Tablespoons yogurt
- 1 teaspoon vanilla extract
- ¼ cup peeled & grated carrots

Tasty Touches

- Chopped Pecans
- Raisins + Seeds
- Dried Fruit

Directions:

Add the rolled oats, chia seeds, cinnamon, nutmeg, and a pinch of salt to a mixing bowl and whisk together.

Then, add in the remaining ingredients including the milk, maple syrup, yogurt, vanilla, and grated carrots. Mix into a thick batter.

Pour the overnight oat batter into two glass jars or storage containers, then seal and store in the fridge for 4 hours or overnight.

Remove from the fridge, add any toppings you desire, and enjoy cold!

Maple Brown Sugar Oatmeal Muffins

Cook time: 40 minutes **Difficulty:**

Ingredients:

- 2 cups old-fashioned rolled oats
- 1 cup milk
- ½ cup maple syrup
- ⅓ cup oil
- ⅔ cup light brown sugar packed
- 2 large eggs lightly beaten
- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- raw sugar (optional)

Tasty Touches:

- Apples
- Shredded Carrots
- Nuts + Seeds
- Sweetened Coconut

Directions:

Preheat the oven to 400 F. Line a 12-cup muffin tin with paper liners.

Combine the oats and milk in a large bowl. Add the maple syrup, oil, brown sugar, and eggs. Mix until combined.

Stir in the flour, baking powder, cinnamon, baking soda, and salt just until combined. The batter will be wet. Divide the batter between the prepared muffin tins and sprinkle raw sugar over batter

Bake for 18-25 minutes, or until the muffins spring back when lightly pressed. Let the muffins cool in the tin for 5 minutes. Then remove to wire rack to finish cooling.

Savoury Herb and Cheese Scones

Cook Time: 30 minutes **Difficulty:**

Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup shredded cheese (cheddar, gouda, or your choice)
- 1/4 cup fresh herbs (such as rosemary, thyme, or parsley), finely chopped
- 1/4 cup cold butter, cubed
- 3/4 cup buttermilk (or milk with a splash of vinegar)

Directions:

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. In a large bowl, whisk together the flour, baking powder, salt, and black pepper until evenly combined.

Stir in the shredded cheese and chopped herbs into the dry mixture until well distributed. Add the cold, cubed butter to the bowl. Using your fingertips, cut the butter into the flour mixture until it resembles coarse crumbs

Make a well in the center and pour in the buttermilk. Mix gently until just combined. Be careful not to overmix, lumps are okay!

Turn the dough out onto a floured surface and gently pat it into a 1-inch thick circle. Cut into wedges or use a biscuit cutter for round shapes.

Place the scones on the prepared baking sheet and bake for 15-20 minutes, or until they're golden brown on top. Allow the scones to cool slightly on a wire rack before serving.