



mix it up

The Culinary Medicine Cookbook for
Mixing Things up in the Kitchen

NUTRITION TIP:

Baked oatmeal is an excellent way to begin your day with a nutrient-dense, fiber-rich meal. Oats are high in soluble fiber, particularly beta-glucan, which can enhance heart health. Fresh and dried fruits provide vitamins and antioxidants, while nuts or seeds add crunch and healthy fats for satiety. Recent studies have shown many varieties of oats to contain high levels of pesticide residue, so seek to buy organic oats when feasible.

CULINARY TIP:

There are several types of oats, each offering a different texture and cooking time. Old-fashioned or rolled oats are steamed and flattened, making them quicker to cook and ideal for oatmeal, cookies, and granola—or this baked oatmeal. Instant oats are the most processed, pre-cooked, and dried, making them the quickest option in any cooked dish, but they tend to have a softer texture and may contain added sugars.

Peach and Pecan Baked Oatmeal

This Baked Oatmeal is perfect for advanced meal preparation, made ahead of time and then enjoyed throughout the week. It also offers a great option for a brunch and can be made in 2 batches or a larger dish to feed a crowd. The oats absorb the flavors of fruits, spices, and sweeteners, creating a comforting, cake-like, satisfying, and nutritious texture. The recipe can be customized with various add-ins, such as fresh or dried fruit, nuts or seeds, and spices. It is served warm with fresh fruit or a dollop of yogurt.

Total time: 45 minutes **Active Time:** 15 minutes **Inactive Time:** 30 minutes

Yield: 6–7 servings as part of a meal **Equipment:** 8x8-inch baking dish, oven, chef's knife, gripper cutting board, oven mitt, large mixing bowl, silicone or rubber spatula, measuring spoons, measuring cups, fork, wooden spoon; optional basting brush, trivet

INGREDIENTS

- Oil or butter for greasing (avocado, extra virgin olive, canola, etc.)
- 2 whole eggs
- ½ cup frozen peaches (defrosted)
- ¼ cup honey
- ½ cup unsweetened soy milk
- 1 ½ cup old-fashioned oats
- ½ cup raisins
- ½ cup unsalted chopped pecans
- ¾ teaspoon baking powder
- ¼ teaspoon kosher salt
- 1 teaspoon ground cinnamon

DIRECTIONS

1) Prepare the oven and pan

Preheat the oven to 350°F. Use your hand or a basting brush to coat the bottom and sides of the baking dish with oil.

2) Prepare the oatmeal mixture

Thinly slice the peaches into ¼-inch slices. Cut large slices in half lengthwise as needed. Crack the eggs into a mixing bowl. Whisk the eggs with a fork until they turn pale yellow and slightly frothy. Add the fruit and mash pieces into the eggs with the fork, if a more uniform consistency is desired. Next, add the honey and milk and stir with a mixing spoon until well combined. Add the oats, raisins, pecans, baking powder, salt, and cinnamon with a wooden spoon until fully incorporated.

3) Bake

Add the oatmeal mixture into the dish and spread it evenly with the wooden spoon. Bake for 20–30 minutes, or until the batter is firm and a fork can easily be inserted without much sticking. While the oatmeal is baking, take the time to clean up your workstation or counter.

4) Enjoy and store

When done baking, use the oven mitt to remove the baking dish from the oven and place it on a trivet or empty burner. Enjoy as is or warmed in the microwave, optionally topped with additional fresh fruit or yogurt. Store leftovers for up to 5 days in the refrigerator.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

