

Oatmeal Breakfast Loaf

This tea loaf was inspired by a bed & breakfast recipe my husband and I enjoyed on a pre-kids vacation. It is dense enough to hold thick fruit toppings, but we like it warm with (vegan) butter.

INGREDIENTS

3/4 cups sugar
1/4 cup canola oil
1/4 cup maple syrup
3/4 cup oats
1/8 tsp baking soda
1-1/2 tsp baking powder
2-1/2 cups flour

Prep time: 15
minutes
Cooking time:
50 minutes
Servings: 10
slices (1 loaf)

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Grease a loaf pan (9x5 is fine) with spray canola oil or your choice of vegan butter.
3. In a medium bowl with a wooden spoon or a spatula, combine the sugar, oil, and syrup. The liquids will already be sticky.
4. Stir in the oats slowly. The oats should absorb some of the liquid while you are preparing the dry ingredients but should not be left to sit for more than a few minutes.
5. In a separate bowl, mix the baking soda and baking powder into the flour.
6. Stir the flour mixture into the liquid until smooth. The batter will still be sticky but much thicker.
7. Pour the batter into your greased loaf pan and use a spatula to smooth the top.
8. Bake for 50 minutes. The loaf will rise and should dome but will only lightly brown.
9. Loosen the loaf from the pan with a knife and turn out onto a wire rack to cool slightly before slicing.

If you'd like to add some dried fruit or other types of add-ins, I recommend starting with 1/4 cup of raisins, cranberries, or chopped dates. Extra seasonings, like 1 teaspoon of orange peel or 1/4 teaspoon of cinnamon, can make this recipe your own special treat, too.