Pumpkin Spice Oat Bake

One 8-inch/20 cm pumpkin oat bake, four breakfast portions · Active 20 min · Total 1 hr 15 min

Skills: Setting a soft milk-and-egg oat breakfast without drying it into a bar

Ingredients

- 2 1/2 cups plain old-fashioned rolled oats (200 g)
- 1 teaspoon baking powder (4 g)
- 1 teaspoon ground cinnamon (2 g)
- 1/8 teaspoon fine salt (0.75 g)
- 1 cup plain unsweetened pumpkin purée (240 g)
- 2 large eggs
- 1 1/2 cups milk (360 ml)
- 2 1/2 tablespoons sugar (30 g)
- 1 tablespoon neutral oil (15 ml), plus 1 teaspoon/5 ml for dish

Set out

8-inch/20 cm square baking dish, at least 2 qt/2 L, Two bowls and whisk, Broad spoon, Food thermometer

Allergens

egg, milk. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Grease the dish with its 1 teaspoon/5 ml oil. Mix oats, baking powder, cinnamon and salt in one bowl.

2. Whisk pumpkin, eggs, milk, sugar and the separate 1 tablespoon/15 ml oil in the other until egg is fully blended. Fold in the oat mixture and spread evenly in the dish.

3. Bake for 30–40 minutes until the center is set with no liquid egg mixture and reaches at least 160°F/71°C. Cover loosely if the top colors before the center is cooked.

4. Rest for 10 minutes, then divide the whole dish into four breakfast portions. The oat bake remains soft rather than crisp.

Four soft portions

This is baked oatmeal, not granola. A spoon or broad turner is more useful than expecting a rigid cereal-bar slice.

Ingredient labels

Eggs supply egg and milk supplies milk. Oats may have wheat/barley cross-contact; check oat, pumpkin and baking-powder labels.

A useful detail

The 75-minute total includes preparation, up to 40 minutes baking and a ten-minute rest. A smaller deeper dish would heat more slowly.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator. Reheat with a little water if the oats have become firm.