

Podcast Episode Shares

Show #60 Recipes
For the Love of Oatmeal



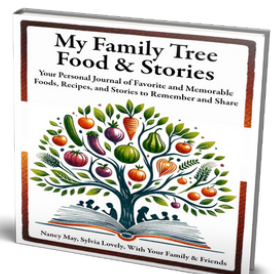
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Minnesota Baked Oatmeal:



This recipe is shared by Ross and Jennifer Lovely, the proud parents of 8 children in Duluth, Minnesota.

On chilly winter mornings in Duluth, Minnesota, Ross and Jennifer Lovely have learned to perfect the art of warming up their kitchen, and eight, yes... eight children, with a hearty breakfast. With such a large family, mornings are often chaotic - and even more so when there are snow boots, 16 mittens, hats, scarves, and more to find before the school bus arrives. Over the years, Ross has become a master of creation in the kitchen, a genius at cooking in bulk and whipping up delicious "stick to the ribs" fare that keeps their family fueled and happy.

One of his signature dishes is baked oatmeal, which has become an often-requested treat in their household. As Ross shares, "When you have that many children, you learn to cook things that everyone wants more of, and in bulk.

We trust that his recipe will warm your belly, heart, and toes, too. His mom, Sylvia Lovely, one of our co-hosts, can't get enough of it, and we're excited to share their "go-to" breakfast with you!

Here's Ross's recipe for the perfect cold-weather breakfast treat:

Ingredients:

Group One:

- 2 cups rolled oats
- $\frac{1}{2}$ cup nuts
- 1.5 tsp cinnamon
- $\frac{1}{4}$ tsp salt
- 1 tsp baking powder

Group Two:

- 2 cups milk
- $\frac{1}{4}$ cup sugar
- 2 eggs
- 2 tbsp melted butter
- 2 tsp vanilla
- 1.5 cups berries

Instructions:

1. Preheat oven to 375 degrees and bake for 30 to 40 minutes.
2. Mix Group One ingredients together.
3. In a separate bowl, mix Group Two ingredients together.
4. Combine wet and dry ingredients, then fold in 1.5 cups of berries.
5. Pour into a square buttered and flour dusted baking pan to make serving easier.



Nancy May
Sylvia "Sybby" Lovely

Enjoy!