



PEAR & OAT PANCAKE BAKE

SHOPPING LIST

Makes 8-12 servings

Pear Layer

- 4 medium ripe but firm pears, cored and thinly sliced
- 1 Tbsp maple syrup
- 1 Tbsp lemon juice
- 1 Tbsp cornstarch
- 1 tsp vanilla extract
- 1 tsp cinnamon

Pancake Layer

- 2 cups Kodiak Cakes Buttermilk Power Cakes Flapjack & Waffle Mix
- 1 ½ cups milk of choice
- 2 eggs
- 1 tsp vanilla extract
- ½ tsp cinnamon

Oat Topping

- ½ cup old-fashioned rolled oats
- ¼ cup chopped pecans
- 1 Tbsp maple syrup
- 1 Tbsp unsalted butter, melted
- ½ tsp cinnamon
- Pinch of salt

A cozy cross between pancakes and coffee cake, this easy baked breakfast layers fluffy whole-grain pancakes with cinnamon-spiced pears and a buttery oat and pecan topping. Pears and oats add soluble fiber, a type of fiber that dissolves in water and may help support healthy cholesterol levels as part of an overall balanced eating pattern.

DIRECTIONS

- 1 Preheat the oven to 375°F. Lightly grease a 9-inch square baking dish.
- 2 In a large bowl, toss the sliced pears with maple syrup, lemon juice, cornstarch, vanilla, and cinnamon. Arrange the pears in an even layer in the bottom of the prepared dish.
- 3 In a separate bowl, whisk together the milk, eggs, vanilla, and cinnamon. Add the Kodiak mix and stir just until combined. Pour the batter evenly over the pears, gently spreading it to the edges if needed.
- 4 In a small bowl, combine the oats, pecans, maple syrup, melted butter, cinnamon, and salt. Sprinkle evenly over the pancake batter.
- 5 Bake for 30-35 minutes, or until the pancake layer is puffed and set in the center and the oat topping is golden. Let cool for at least 10 minutes before slicing and serving.

Optional for serving

Serve with Greek yogurt or skyr for extra protein.

FIBER FROM FRUIT & WHOLE GRAINS

Pectin

Pears contain pectin, a type of soluble fiber found in the cell walls of many fruits that may help improve overall cholesterol levels. Much of a pear's pectin is concentrated in and near the skin, which is one reason we leave the skin on in this recipe.

Beta-glucan

Oats, including the oat flour in the Kodiak mix, provides beta-glucan, a type of soluble fiber that has been well studied for its role in supporting healthy LDL cholesterol levels. Oats are one of the richest food sources of beta-glucan!

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