

January Breakfast Cake

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What You'll Need:

1 cup (227 grams) water

1 cup (270 grams) “natural” peanut butter (I used Skippy; I haven’t tried the recipe with freshly ground nut butter)

1/4 cup (78 grams) real maple syrup (or honey or agave)

2 tablespoons vegetable oil (or any neutral flavored oil)

3/4 teaspoon kosher salt

1 teaspoon cinnamon

1/2 cup (46 grams) oat flour

1 1/2 cups (134 grams) old-fashioned rolled oats

1 teaspoon baking powder

1/4 teaspoon baking soda

1 egg *

1 teaspoon vanilla extract

1 ripe banana, mashed

1 cup (170 grams) semisweet chocolate chips (or to taste)

*Veganize with a flax egg: whisk together 3 tablespoons flax seed and 1/4 cup water. Let sit for 10 minutes in the fridge to thicken up.

What You'll Do:

1. Preheat oven to 350 degrees F.
2. Grease an 8 x 8-inch pan.

3. In a medium size pot bring 1 cup of water to a boil. Turn the heat off and whisk in the peanut butter, maple syrup, oil, kosher salt and cinnamon until smooth.
4. Stir in the oat flour, oatmeal, baking powder and baking soda until blended.
5. Mix in the egg and vanilla until incorporated.
6. Fold in the banana and chocolate chips and pour the mixture into the prepared pan. Smooth the batter to the edges and bake for 20 to 30 minutes until a toothpick comes out clean and the center bounces back if touched with finger.
7. Let cool.