

ANCESTRAL KITCHEN PODCAST PRESENTS

BAKED APPLE OATS

BY REBECCA ZIPP OF AHUMBLEPLACE.COM

Rebecca, the creator and author behind www.ahumbleplace.com, shared these recipes with us in Episode #83, the meal planning episode on Ancestral Kitchen Podcast. These are part of her usual rotation of ancestral style recipes, and built into her easy system for keeping her family well-fed and content!

Serves 4

2 cups rolled oats
2 tablespoons kefir or yogurt
2 cups water
1 teaspoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
1 tablespoon ground flax
1/4 cup maple syrup plus more to drizzle on top
2 apples peeled and chopped into 1/2 inch cubes
1/4 cup chopped walnuts (optional)

The night before: Combine the water, oats, and kefir or yogurt in a large bowl, stir to combine, cover, and store in a warm place overnight.

In the morning: Preheat oven to 375 F. Drain the oats and combine them with the cinnamon, baking powder, salt ground flax, and 1/4 cup maple syrup in the same bowl you soaked the oats in.

Chop apples into 1/2 inch chunks.

Spread half the apples onto the bottom of a 9x9 baking dish. Pour the oats mixture on top of the apples.

Top with the rest of the apples and the optional chopped nuts. Sprinkle with cinnamon if desired.

Bake for 40 minutes at 375 F or until top of oats are golden brown.

Remove from oven and allow to cool for a few minutes. Serve warm with butter and maple syrup on top.

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SAUSAGE POTATO CASSEROLE

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Serves 4

4 Italian sausage links, sliced
4 large russet potatoes. peeled and chopped into 1/2-inch chunks
1 yellow onion, sliced
4 tablespoons ghee or lard
2 teaspoons sea salt
1 teaspoon ground black pepper
2 teaspoons Italian seasoning

Preheat oven to 350 degrees.

Combine sausage, potatoes, onions, fat, salt, pepper and Italian seasoning in a 13x9 casserole dish.

Bake for 1 hour, or until the internal temperature of the sausage is 160 degrees F and is no longer pink.