

Frugal Foodie Friday: Wheat-Free Apple Cinnamon Dutch Babies

When I first discovered the recipe index on the blog Say Yes to Salad, I was in healthy foodie heaven. Filled with simple recipes using whole food ingredients, it was like my own personal menu planner. Since I had a couple dozen eggs on hand (I just can't pass up a deal), I decided to dive right into her simple Dutch Babies recipe. I loved how few ingredients it used and how quickly it could come together. However, I wanted something to fulfill as a well-rounded breakfast, so I made a few tweaks ... incorporating oats, apples, and cinnamon for a wholesome meal. I also did some research on optimizing the results of Dutch babies, and added these tips within my recipe for Wheat-Free Apple Cinnamon Dutch Babies. They must have worked, as this breakfast treat turned out perfectly.