

## Baked Oatmeal

Makes 8 servings | Serving size:  $\frac{1}{2}$  cup

Ingredients Needed:

- 2 cups dry oatmeal (old fashioned or quick oats)
- $\frac{1}{4}$  cup brown sugar
- 1 cup frozen blueberries
- $\frac{1}{2}$  cup chopped walnuts (optional)
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon cinnamon
- $1\frac{1}{2}$  cups nonfat milk
- $\frac{1}{2}$  cup unsweetened applesauce
- 1 egg
- 1 tablespoon vegetable or canola oil



Directions:

1. Preheat the oven to 375°F.

2. In a large bowl, stir together the oatmeal, brown sugar, blueberries, baking powder, and cinnamon (and walnuts if you choose to add them).
3. In a medium bowl, combine the milk, applesauce, egg, and oil. Mix well with a fork or whisk.
4. Add the milk mixture to the dry ingredients and stir well.
5. Pour into a greased 8-inch square baking dish.
6. Bake at 375°F for 20-25 minutes. Serve warm.

**Note:** Adding  $\frac{1}{2}$  cup chopped walnuts adds 34 calories and 4.8 grams of fat to each  $\frac{1}{2}$  cup serving.