

Baked Oatmeal

Makes 8 servings | Serving size: ½ cup

Ingredients Needed:

- 2 cups dry oatmeal (old fashioned or quick oats)
- ¼ cup brown sugar
- 1 cup frozen blueberries
- ½ cup chopped walnuts (optional)
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- 1½ cups nonfat milk
- ½ 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 ½ cup chopped walnuts adds 34 calories and 4.8 grams of fat to each ½ cup serving.