

Baked Oatmeal



Ingredients:

- 1 egg, beaten
- 1/2 cup unsweetened applesauce
- 1 1/2 cups non-fat milk
- 1 teaspoon vanilla
- 2 tablespoons canola oil
- 1 apple, chopped
- 2 cups old fashioned oatmeal, uncooked
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar
- 2 tablespoons walnuts, chopped

Directions:

1. Preheat oven to 375F. Spray an 8x8 baking pan with nonstick cooking spray.
2. Combine the egg, applesauce, milk, vanilla, and oil in a bowl. Add the apple.
3. In a separate bowl, mix the oats, baking powder, salt, and cinnamon.
4. Add the egg mixture to the oat mixture and mix well.
5. Pour into the baking dish and bake for 25 minutes.
6. Remove from oven and sprinkle with brown sugar and chopped nuts.
7. Return to oven. Broil for 3-4 minutes until topping is bubbling and brown.
8. Cut into nine squares. Serve warm.
9. Refrigerate leftovers.

Makes 9 servings.



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