



## Baked Oatmeal

Makes 6 servings

### Ingredients:

- 2 cups rolled oats
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 1/3 cup dried fruit, optional (raisins or other chopped dried fruit)
- 3 tablespoons chopped walnuts, optional
- 1 cup non-fat milk
- 1/2 cup applesauce
- 2 tablespoons oil
- 1 egg, beaten

### Directions: Remember to wash your hands

1. Combine oats, sugar, baking powder, dried fruit and walnuts in a bowl.
2. In a separate bowl, combine milk, applesauce, oil and egg. Add to oat mixture and stir well.
3. Pour mixture into greased 8 x 8-inch baking pan. Bake in preheated oven at 350 degrees F for 25 minutes. Serve warm with milk.

Nutrition Facts per serving: Calories - 300; Fat - 9g; Sodium - 153 mg; Carbohydrate - 44g

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