

RECIPE IDEA:

# Baked Oatmeal

## INGREDIENTS

- 3 C old fashioned rolled oats
- 1/2 C brown sugar
- 2 tsp ground cinnamon
- 2 tsp baking powder
- 1/2 tsp salt
- 1 C milk
- 2 eggs
- 1/2 C applesauce
- 2 tsp vanilla extract
- 3/4 C dried cranberries or raisins OR 1 C fresh fruit such as: blueberries, diced apples, diced peaches, strawberries



Serves 8



Allergens: milk, egg



Nutrition facts will vary based on ingredients used. Nutrition facts below based on using blueberries.

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt.
3. Beat in milk, eggs, melted butter, and vanilla extract.
4. Gently fold in fruit of choice.
5. Spread into a 9x13 inch baking dish.
6. Bake in preheated oven for 40 minutes.
7. Cool and cut into 8 squares.

Nutrition Facts	
Serving size	1 square
Amount Per Serving	
Calories	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 16g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 5g	<b>10%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	