



Eat Well

Baked Oatmeal

Directions

Preheat oven to 350 degrees. In a large bowl, mix oats, brown sugar, cinnamon, baking powder and salt. Beat in eggs, applesauce and vanilla. Stir in walnuts or mini chocolate chips. Grease 7x10 inch pan with cooking spray. Spread mixture in pan evenly. Bake for 30-40 minutes. Cut into 8 bars. Eat as a bar or heat and crumble into bowl with milk.

Ingredients

- » 3 cups rolled oats
- » 1/2 cup brown sugar
- » 2 tsp cinnamon
- » 2 tsp baking powder
- » 1 tsp salt
- » 1 cup skim milk
- » 2 eggs
- » 1/2 cup applesauce
- » 2 tsp vanilla
- » 1/2 cup walnuts or mini chocolate chips

Nutrition information per serving:

Calories 230, Total Fat 6 grams,
Total Carbohydrate 48 grams,
Protein 7 grams.

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