

BAKED OATMEAL

Baked oatmeal is so easy to serve as a family breakfast. Double the recipe for a large group. Also great to make ahead for a quick weekday reheat-in-the-microwave breakfast. One of the all-time-favorites in Recipe for Health history.

by Jill Yarbrough, Test Kitchen Manager

Featured Food: Oats

Yield: Serves 6-8

Ingredients

2 ½ c. old fashioned rolled oats	Toppings:
1 ½ t. baking powder	Fruit - sliced strawberries, blueberries, mandarin oranges, bananas
½ t. salt	Dried fruit
2 eggs	Vanilla yogurt
1 ¼ c. 2% milk	Sliced almonds
½ c. unsweetened applesauce	Granola
½ c. light brown sugar	

Preparation

Preheat oven to 350°F. Prepare small rectangular baking dish or 9" square baking dish by coating with cooking spray or oil or butter.

Combine oats, baking powder, and salt. In a separate bowl, mix eggs, milk, applesauce, and sugar. Add dry ingredients while stirring.

Pour into prepared dish. Bake for 20-25 minutes until golden brown and firm in the middle. Allow to cool slightly.

Wash, and cut fruit. Serve oatmeal warm with yogurt and toppings of your choice.

Reheat leftovers in the microwave.