



Baked Oatmeal

Recipe Source: www.melskitchencafe.com

Ingredients:

6 cups old-fashioned oats
¾ cup brown sugar
½ cup oil
½ cup applesauce
2 cups low-fat milk
4 beaten eggs
1 tsp vanilla extract
1 Tbsp baking powder
1 ½ tsp salt

Steps:

- Preheat the oven to 350°. Spray a 9x13 baking dish lightly with cooking spray and set aside.
- In a large mixing bowl, stir together the oats, brown sugar, baking powder, and salt. Set aside.
- In a smaller bowl, whisk together the oil, applesauce, milk, eggs, and vanilla. Add to the dry ingredients all at once and stir to combine.
- Pour mixture into prepared baking dish. Bake 20-25 minutes, or until a toothpick inserted in the center comes out with moist crumbs. Serve warm in bowls with milk and fresh fruit.

Tips from the Test Kitchen: This recipe is still delicious if you cut the sugar down further. For fresh fruit on top, try blueberries, apples, bananas, or peaches, or any combination!

Nutritional Facts (per serving): Calories: 498, Carbohydrates: 66 grams, Protein: 13 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 96 mg, Sodium: 641 mg, Fiber: 6 grams, Total Sugars: 26 grams.