



Carrot-Raisin Baked Oatmeal

Recipe Source: www.wholefoodsmarket.com

Serves 8

Ingredients:

2 cups rolled oats
1/2 cup chopped pecans, toasted
1/2 cup raisins
1 tsp baking powder
3/4 tsp ground cinnamon
1/2 tsp fine sea salt
1 cup low-fat milk or nondairy beverage
2 eggs
2 tsp vanilla extract
1 cup shredded carrots

Steps:

- Preheat the oven to 350°. Lightly coat a 9 inch pie plate or 24-cup mini-muffin pan with cooking spray.
- In a large bowl, stir together oats, pecans, raisins, baking powder, cinnamon, and salt.
- In a separate bowl, whisk together milk, eggs, and vanilla until evenly blended. Stir in carrots. Add carrot mixture to oat mixture and stir until blended.
- Transfer batter to the prepared pie plate or spoon into muffin cups. Bake until firm and lightly golden on top, about 35 minutes for the pie plate or 20 minutes for the muffin pan. Let cool slightly. If baking in a pie plate, cut into 8 wedges and serve with additional milk.

Tips from the Test Kitchen: This is tasty with diced apple, peach, or pear added on top of each serving.

Nutritional Facts (per serving): Calories: 186, Carbohydrates: 25 grams, Protein: 6 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 48 mg, Sodium: 244 mg, Fiber: 3 grams, Total Sugars: 9 grams.