

Baked Oatmeal with Apples

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Baked Oatmeal with Apples	1	0	1	0	105
TOTAL:	1	0	1	0	105

Serves: 8

1 Serving = about $\frac{3}{4}$ cup

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 cup unsweetened applesauce
- 1/3 cup diced apple pieces, with or without peel
- 1/3 cup brown sugar
- Egg substitute equivalent to 2 eggs, or 4 egg whites
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup skim milk

Directions:

1. In a large bowl, stir together oil, applesauce, apples, sugar and eggs.
2. Add dry ingredients and milk. Mix well.
3. Spray a 9-by-13 baking pan generously with cooking spray.
4. Spoon oatmeal mixture into pan. Bake uncovered at 350° F for 30 minutes.

This can be prepared the night before. Just pop in the oven and bake in the morning!