

# APPLESAUCE BAKED OATMEAL

with cranberries & walnuts



**INGREDIENTS** Serves: 6 | Serving Size: 1/6 of dish

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**rolled oats**  
3 cups



**brown sugar**  
1/4 cup



**salt**  
1/2 teaspoon



**cinnamon**  
1 teaspoon



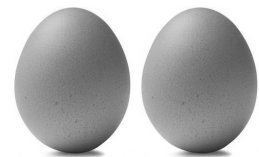
**baking powder**  
2 teaspoons



**1% milk**  
1 cup



**applesauce**  
1/2 cup



**eggs, beaten**  
2 medium



# INSTRUCTIONS

## 1. GREASE BAKING DISH



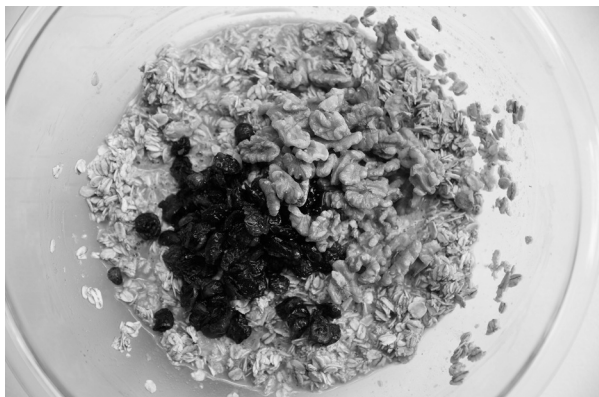
Preheat oven to 350°F. Grease an 8x8-inch baking dish.

## 2. MIX OATMEAL INGREDIENTS



Combine oats, sugar, salt, cinnamon, and baking powder in a bowl. Add milk, applesauce, and eggs. Mix thoroughly.

## 3. ADD FLAVORS



Try some of these flavor combinations by mixing the ingredients into the batter before baking:

## 4. BAKE OATMEAL



Pour oatmeal into baking dish and bake for 15-20 minutes or until edges are golden. Remove from the oven and cool the bars completely. Cut bars into 9 servings.

- **Apple Crisp:** 1 can diced apples & extra cinnamon
- **Fruit & Nut:** 1/2 cup dried cranberries & 1/2 cup walnuts (or any nut)
- **Elvis Style:** 3 tablespoons peanut butter & 2 bananas, diced
- **Chunky Monkey:** 1/2 cup walnuts, 1/2 cup chocolate chips, 1 mashed banana

### NUTRITION INFORMATION *including fruit & nut topping*

|                |                          |               |
|----------------|--------------------------|---------------|
| Calories: 340  | Total Carbohydrates: 50g | Protein: 11g  |
| Total Fat: 12g | Dietary Fiber: 5g        | Sodium: 240mg |

LOWCOUNTRY FOOD BANK



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