APPLESAUCE BAKED OATMEAL
with cranberries & walnuts

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

- 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

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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:

   - **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

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.

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**NUTRITION INFORMATION**

<table>
<thead>
<tr>
<th>Including fruit &amp; nut topping</th>
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<tbody>
<tr>
<td>Calories: 340</td>
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<td>Total Fat: 12g</td>
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This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP.

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