

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



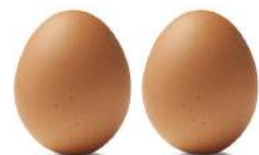
baking powder
2 teaspoons



1% milk
1 cup



applesauce
1/2 cup



eggs, beaten
2 medium

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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