

BAKED OATMEAL

Ingredients:

2 ½ c regular rolled oats
¼ c. oat bran
¼ c. steel-cut oats
2 tsp baking powder
½ tsp salt
½ tsp cinnamon
2 c. milk
1 egg, beaten
1/3 c. applesauce
¼ c cooking oil
¼ c granulated sugar
¼ c packed brown sugar

2 c. fresh fruit (such as blueberries,
peeled, cored and chopped pears or
apples; or chopped strawberries)

Plain or vanilla low-fat yogurt, milk or
cream

Directions:

Preheat oven to 400 degrees. In a large mixing bowl stir together rolled oats, oat bran, steel-cut oats, baking powder, salt and cinnamon; set aside. In a medium bowl stir together milk, egg, applesauce, oil and sugars; add to oat mixture, stirring until combined. Turn into a lightly greased 2-quart soufflé dish or casserole. Bake uncovered for 20 minutes. Stir mixture. Gently fold in fruit. Bake uncovered for 20 more minutes or until top is lightly browned. Spoon into bowls. Serve with yogurt, milk or cream. Serves 6-8.

