

## Apple Cinnamon Baked Oatmeal (Fruit, Grains)

### Ingredients:

- 2 c old fashioned oats
- 1/4 c brown sugar
- 1 1/2 t cinnamon
- 1/4 t nutmeg
- 1 t baking powder
- 1/4 t salt
- 1 1/2 c low- fat milk
- 1/2 c applesauce
- 1 T melted butter or margarine
- 2 egg whites
- 1 t vanilla
- 1 large Granny Smith apple, peeled, cored, and diced

### Directions:

1. Preheat oven to 350°F.
2. Spray an 8 by 8 baking dish with cooking spray.
3. In a large bowl, mix oats, brown sugar, cinnamon, nutmeg, baking powder, and salt.
4. In a medium bowl, whisk together milk, applesauce, butter, egg whites, and vanilla.
5. Pour wet ingredients over dry ingredients and stir until combined.
6. Gently stir in diced apples. Pour oatmeal mixture into pan.
7. Bake for 20 minutes or until oatmeal is light brown.
8. Remove from oven and serve warm.
9. May add dried fruit or nuts to top baked oatmeal, if desired.

Makes 4-6 servings.



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