

## Blueberry Baked Oatmeal



### Ingredients:

- 2 eggs
- 1/2 cup unsweetened applesauce
- 1/4 cup brown sugar
- 1 tablespoon vanilla extract
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 3 cups old-fashioned oats
- 1 cup low-fat or skim milk
- 1 1/2 cup fresh or frozen blueberries

### Instructions:

1. Preheat oven to 350 F. Spray a 9x13 pan with cooking spray.
2. Mix eggs, applesauce, brown sugar, and vanilla until smooth. Stir in cinnamon, salt, and baking powder. Add oats and milk. Gently fold in blueberries. Spread in pan.
3. Bake for 28-34 minutes until oatmeal is browned and the center is firm. Cool slightly before serving. Serve with fruit or vanilla yogurt.
4. May be refrigerated up to 2 days.

Makes 8 servings.



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