

Cranberry Apple Baked Oatmeal

Prep Time: 10 Min Cook Time: 40 Min Total Time: 50 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1 square

Amount Per Serving

Calories 223

Calories from Fat 35

% Daily Value *

Total Fat 4g 6%

Saturated Fat 1g 4%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 62mg 21%

Sodium 296mg 13%

Total Carbohydrate 42g 14%

Dietary Fiber 5g 21%

Sugars 20g

Protein 6g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

2 cup oats

1 tsp cinnamon

1/2 tsp salt

3/4 tsp baking powder

1.5 cup unsweetened apple sauce

1 cup unsweetened almond milk (or skim)

2 large eggs

2 tbsp brown sugar

2 tbsp maple syrup

1/2 tsp vanilla extract

1 cup fresh cranberries

1 apple, diced



Directions

- 1 Preheat the oven to 375 degrees. Mix together the oats, salt, baking powder, and cinnamon. In another bowl, stir together the applesauce, almond milk, eggs, brown sugar, maple syrup, and vanilla extract.
- 2 Combine the dry and wet ingredients. Fold in the cranberries and apples. Pour into a baking dish (I used a 9 X 9 dish for 6 servings) sprayed with cooking spray.
- 3 Bake for 45 minutes until the oatmeal is golden brown and a toothpick comes out clean from the center. Let cool slightly and serve.

Notes

