



Baked Oatmeal

3 cups dry oats, (can use quick or old fashioned)
½ cup packed brown sugar
2 teaspoons baking powder
½ teaspoon salt (can omit for lower sodium)
2 eggs
1 and ¼ cups low fat milk
¼ cup canola oil
1 teaspoon vanilla extract
1/3 cup chopped walnuts

For peach and blueberry: Drain one 15 oz. can diced peaches, and 1 cup fresh or frozen blueberries. Can use any other fruit you like.

Method: In a large bowl, combine the oats, brown sugar, baking powder and salt. In a small bowl, whisk the eggs, milk, oil and vanilla. Stir into dry ingredients and let stand 5 minutes. Fold in the fruit gently. Transfer to an 11 x 7" baking dish which has been coated with cooking spray. Sprinkle top with walnuts. Bake, uncovered, in a 350 degree F. oven for 35-40 minutes or until top is browned lightly and center springs back when touched. Makes 9 servings. Per serving: 277 calories, 11 gm fat, 263 mg. sodium, 38 gm carbs, 3 gm fiber and 8 gm protein. (Recipe adapted from Taste of Home, by RAMC Dietitian Judy Martin)



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