

Apple Cinnamon Baked Oatmeal

INGREDIENTS

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar
- ½ cup egg substitute or egg whites
- ½ teaspoon cinnamon
- 1 tablespoon melted trans-fat-free margarine
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples



Recipe courtesy of the Academy of Nutrition & Dietetics.

DIRECTIONS

1. Preheat oven to 350°F.
2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.
5. Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.