# summer

# Summer Berry Oatmeal Bake

YIELD: 9 SERVINGS SERVING SIZE: 1 SQUARE

## **INGREDIENTS**

3 cups old fashioned oats

1 cup low-fat/non-fat milk

2 eggs

2 cups berries (fresh/frozen)

1/2 cup walnuts, pecans, or nut of choice

1 cup applesauce

1/3 cup maple syrup

2 teaspoons vanilla extract

1 teaspoon baking powder

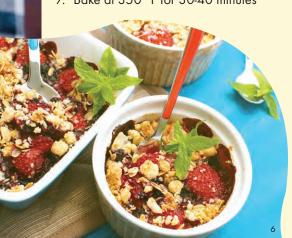
1/4 teaspoon salt

Cinnamon

Nutmeg (optional)

### **DIRECTIONS**

- In large bowl, mix dry ingredients: oats, baking powder, salt, cinnamon, and nutmeg
- 2. In medium bowl, mix wet ingredients: milk, eggs, applesauce, maple syrup, and vanilla extract
- 3. Add wet ingredients into dry ingredients
- 4. Fold in berries and nuts
- 5. Spray 9x13 baking dish with non-stick cooking spray
- 6. Add in mixture to dish and spread evenly
- 7. Bake at 350° F for 30-40 minutes



#### **Nutrition Facts** Amount Per Serving **Calories** % Daily Value Total Fat 3 q Saturated Fat 1 g Trans Fat 0 g Cholesterol 37 mg 12 % Sodium 69 mg 3 % Total Carbohydrate 34 g 11 % Dietary Fiber 4 g 17 % Total Sugars 13 g Includes 7 g Added Sugars Protein 6 q 12 % Vitamin D 1 μg 3 % Calcium 112 mg 11 % Iron 2 mg 10 % Potassium 241 mg \*Percent Daily Values are based on a 2,000 calorie



Store the leftovers
properly in the
refrigerator and reheat
for a ready-to-go
breakfast throughout
the week!