

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)
- ½ cup walnuts, pecans, or nut of choice
- 1 cup applesauce
- ⅓ cup maple syrup
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon salt
- Cinnamon
- Nutmeg (optional)

DIRECTIONS

1. 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

186

% Daily Value*

Total Fat 3 g	5 %
Saturated Fat 1 g	4 %
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 g	12 %
Vitamin D 1 µg	3 %
Calcium 112 mg	11 %
Iron 2 mg	10 %
Potassium 241 mg	5 %

*Percent Daily Values are based on a 2,000 calorie diet.



Smart Tip

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