



Baked Berry Oatmeal

FoodHero.org



Ingredients



- 2 cups old fashioned rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 2 eggs
- 1/2 cup brown sugar
- 1 1/2 tsp vanilla
- 2 cups nonfat or 1% milk
- 4 tsp butter or margarine, melted
- 2 cups berries, fresh or frozen
- 1/4 cup walnuts, chopped (optional)

Yield: 6 cups

Serving Size: 1 cup



Directions



1. Preheat oven to 375 degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk, and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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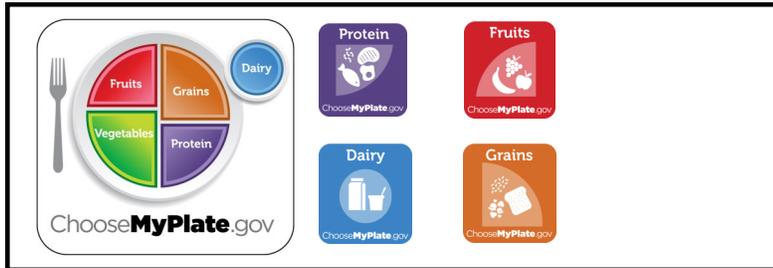
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Fast Facts



Featured Food Groups



Cooking Tips



- Can be made in a baking dish or muffin tins. Just reduce cooking time to 20-25 minutes for muffins.
- Mix and match different berries and nuts for alternate flavors.

Nutrition Facts



Nutrition Facts

| | |
|---|--------------|
| 6 servings per container | |
| Serving size | 1 cup |
| Amount Per Serving | |
| Calories | 350 |
| <small>% Daily Value*</small> | |
| Total Fat 11g | 14% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 270mg | 12% |
| Total Carbohydrate 55g | 20% |
| Dietary Fiber 6g | 21% |
| Total Sugars 25g | |
| Includes 0g Added Sugars | 0% |
| Protein 11g | 22% |
| Vitamin D 0mcg | 0% |
| Calcium 260mg | 20% |
| Iron 2.7mg | 15% |
| Potassium 0mg | 0% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

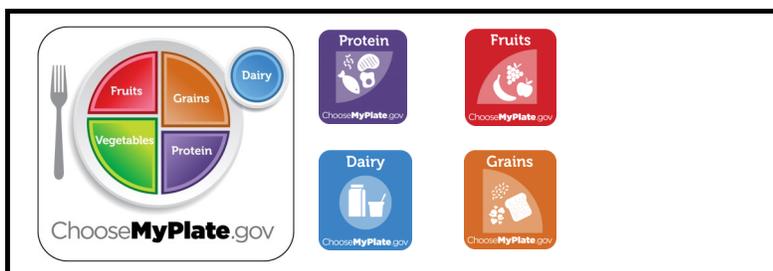
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