

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

- 1 cup 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.

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Fast Facts





Featured Food Groups





- 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.

Estimated Price: 6 cups = \$8.14 1 cup = \$1.36

Nutrition Facts



Nutrition Fa	acts
6 servings per container	
Serving size	1 cup
Amount Per Serving Calories	350
	% Daily Value*
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%
*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.	

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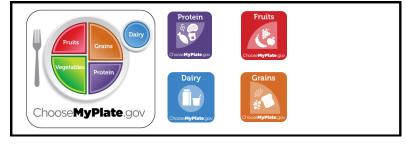
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