



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.

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



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Fast Facts



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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.

Estimated Price:

6 cups = \$8.14

1 cup = \$1.36

Nutrition Facts



Nutrition Facts

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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