



How to Make Baked Oatmeal

Ingredients

- 2 cups quick cooking oats
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup brown sugar
- 2 cups milk (1.5 cups for firmer muffin-like baked oatmeal)
- 2 tablespoons oil (canola, vegetable, light olive oil)
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 small apple, peeled and diced
- ½ cup blueberries, fresh or frozen
- Handful of raisins

Directions

1. Preheat oven to 350 degrees. Spray an 8X8 inch square pan with cooking spray.
2. Combine oats, cinnamon, baking powder, salt, and brown sugar in a large mixing bowl.
3. Add milk, oil, egg, and vanilla. Stir to thoroughly combine.
4. Allow mixture to sit for 3 minutes.
5. Add fresh and dried fruit. Stir to combine.
6. Pour mixture into prepared pan. Bake for 20-25 minutes until center is set. Store in the refrigerator for up to three days or cut into squares and freeze individual portions.

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Join Tamara Kushnir Groman at www.cje.net/cyberclub for a video presentation of this recipe.

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1263.3.2020