

# Baked Oatmeal

## Ingredients

2 cups uncooked quick-cooking oats  
1/2 cup packed brown sugar  
1/3 cup raisins  
1 tablespoon chopped walnuts  
1 teaspoon baking powder  
1 1/2 cups fat-free milk  
1/2 cup applesauce  
2 tablespoons butter, melted  
1 large egg, beaten  
Cooking spray

## Preparation

Preheat oven to 375°.

Combine the first 5 ingredients in a medium bowl. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Bake at 375° for 20 minutes. Serve warm.

Freezes well and reheats easily in microwave after thawing.

Cooking Light  
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