

Baked oatmeal



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

8

Serving size

1/8 of prepared recipe

Time to make

10 minutes preparation, 30-35 minutes cook time

Special criteria

[Vegetarian recipes](#)

[Whole grains recipes](#)

Ingredients

- Nonstick cooking spray or vegetable oil
- 3 cups quick oats
- 2/3 cup brown sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup softened margarine
- 2 eggs, beaten
- 1/2 cup applesauce
- 1 cup skim milk
- **Optional:** 1-1 1/2 cups chopped apples, mashed banana, raisins, peaches, or blueberries

Directions

1. Heat oven to 350 degrees F.
2. Grease or spray a 9" x 13" baking pan.
3. In a large bowl, mix quick oats, brown sugar, baking powder, cinnamon, and salt together.
4. In a small bowl, blend margarine, eggs, and applesauce. Slowly blend in the milk.
5. Add wet mixture to dry ingredients. Stir in any optional fruit if desired and spoon into the pan.
6. Bake for 30-35 minutes.

Tips and variations

- To save time in the morning, assemble the oatmeal in the baking pan in the evening and refrigerate.
- Reheat leftover baked oatmeal in the microwave. Scoop a serving in a bowl and heat for 1 minute on high. Add additional milk to serve.

- To serve this dish to a group, leave the fruit out of the oatmeal. Instead, serve a variety of chopped fresh fruits, dried fruits, chocolate chips, and nuts in small bowls. Individuals can top the cooked oatmeal with their own toppings.

Nutritional info

Calories

243

Total fat

1.9 g

Saturated fat

1.8 g

Cholesterol

47.1 mg

Sodium

265 mg

Total carbohydrates

36 g

Dietary fiber

3.1 g

Protein

6.8 g

Total sugar

15 g

Allergens

Dairy

Wheat

Soy

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