



# Baked Oatmeal

8 Servings • 1 Serving = ½ Cup

## INGREDIENTS

- 2 ½ cups rolled oats
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cardamom (optional)
- 2 ¼ cup low-fat milk or milk alternative, unsweetened
- 1 large egg
- Zest of 1 orange (optional)
- 1 teaspoon vanilla extract
- 1/3 cup real maple syrup or honey
- 1 Tablespoon melted butter or canola oil
- 1 ½ cup mixed berries, cherries, or other seasonal fruit
- ¼ cup toasted pecans, chopped

## DIRECTIONS

1. Preheat oven to 350°F. Grease a square baking dish (8 or 9”).
2. In a large bowl, whisk together the dry ingredients: rolled oats, baking powder, salt, ground cinnamon, and ground cardamom.
3. In a separate bowl, combine the milk, egg, orange zest, vanilla, maple syrup or honey, and melted butter or canola oil. Whisk well, and then pour into dry ingredients. Fold in fruit.
4. Scrape the mixture into the baking dish and lightly tap against the counter to release any air bubbles.
5. Bake for 25 minutes and then sprinkle pecans. Bake for an additional 10 minutes.
6. Remove the dish from the oven and let cool for about 10 minutes before serving.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 18g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 7g	
Vitamin D 1mcg	<b>6%</b>
Calcium 143mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 268mg	<b>6%</b>

\*The % Daily Value 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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