



## 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
- scant, 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

### INSTRUCTIONS

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, if using.
3. In a separate bowl, combine the milk, egg, zest of 1 orange, if using, 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** Serving Size = ½ Cup (149g); Servings per Container = 8; Calories 240; Total Fat 8g (12%); Saturated Fat 2.5g (13%); Cholesterol 30mg (10%); Sodium 210mg (9%); Total Carbohydrate 39g (13%); Dietary Fiber 4g (16%); Sugars 18g; Protein 7g.

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