

## Baked Oatmeal



### Ingredients:

- 2 c old-fashioned oats
- 1 1/2 t baking powder
- 1/2 t salt
- 1 c low-fat milk
- 2 eggs, beaten
- 1/2 c applesauce, smooth or chunky
- 1/2 c brown sugar
- 1 c vanilla yogurt, for topping

### Directions:

1. Preheat oven to 325 °F.
2. In a large bowl combine the oatmeal, baking powder, and salt.
3. Mix in milk, eggs, applesauce, and brown sugar.
4. Pour into a greased casserole dish.
5. Bake for 45 minutes.
6. Serve hot, topping each with vanilla yogurt. May serve with additional fresh or dried fruit, if desired.

Makes 4 servings.



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