

## Pear Baked Oatmeal



### Ingredients:

- 2 1/2 cups old-fashioned oats, uncooked
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 2 teaspoons vanilla
- 1/3 cup sugar
- 1 1/2 cup low-fat milk
- 1/4 cup canola oil
- 3 large pears, cubed
- 1/2 cup almonds or pecans, chopped
- Cooking spray

### Directions:

1. Preheat oven to 350F.
2. Prepare a 9x13 baking dish with cooking spray.
3. In a large bowl, combine oats, baking powder, cinnamon, sugar, nutmeg and salt.
4. In a small bowl, combine milk, oil, and vanilla.
5. Add liquid mixture to oat mixture.
6. Add pears and nuts and stir.
7. Pour into baking pan.
8. Bake 40 minutes or until golden brown.

Makes 6 servings.



This message brought to you by  
**Tarrant County Public Health**  
<http://health.tarrantcounty.com>