

Apple Cinnamon Baked Oatmeal

Ingredients

- 4-1/2 cups rolled quick oats, dry
- 1-3/4 tsp baking powder
- 2-1/4 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 1 cup light brown sugar, packed
- 3 cups 1% milk
- 2 large eggs
- 3 tbsp butter
- 1/2 tbsp vanilla extract
- 3-1/2 cups

Notes

Number of Portions: 12

Serving Size: 1 each

Nutrition Facts: 283 calories, 7.05 g fat, 3.19 g saturated fat, 181 mg sodium, 45.8 g carbohydrate, 4.4 g fiber, 3.1 g sugar, 8.56 g protein

Directions

1. Preheat oven to 350°F and grease a 9x13 inch baking dish with cooking spray.
2. In a large bowl, whisk together the oats, baking powder, cinnamon, nutmeg, salt, and brown sugar.
3. In a separate bowl, mix together milk, eggs, melted butter, and vanilla. Pour over oat mixture and stir to combine.
4. Arrange the apples (canned, frozen, or fresh cut into bite sized pieces can be used) evenly over the bottom of the pan and pour the oatmeal mixture over the top. At this point the mixture can be placed in the cooler if you are making it for the next day.
5. Bake in 350°F oven for 35-45 minutes until the top is golden and the mixture is set and not very jiggly. If you have mixed it together the day before, bake in 350°F oven for 1 hour and take a temperature to make sure it is at 165°F. Serve warm.