



Baked Oatmeal Breakfast With Blueberries

INGREDIENTS

- 2 Cups dry oatmeal (old fashioned or quick)
- 1/4 Cup of Brown Sugar
- 1 Cup Frozen Blueberries
- 1/2 Cup Chopped Walnuts (optional)
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Cinnamon
- 1 1/2 Cups Nonfat Milk
- 1/2 Cup Unsweetened Applesauce
- 1 Egg
- 1 Tablespoon Vegetable Oil

Directions

1. Preheat oven to 375 degrees.
2. In a large bowl, stir together the oatmeal, brown sugar, blueberries, baking powder, and cinnamon (and walnuts if you choose to add them).
3. In a medium bowl, combine the milk, applesauce, egg, and oil. Mix well with a fork or whisk.
4. Add the milk mixture to the dry ingredients and stir well.
5. Pour into a greased 8-inch square baking dish.
6. Bake at 375 degrees for 20-25 minutes. Serve warm.



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