

Baked Apple Oatmeal Casserole

Ingredients:

Non stick cooking spray
 2 apples
 2 cups rolled oats
 1 teaspoon baking powder
 1 tablespoon ground cinnamon
 1/2 cup raisins
 2 tablespoons brown sugar
 1 egg
 2 cups skim milk
 1 tablespoon reduced-calorie
 margarine
 1 teaspoon vanilla extract

Equipment:

9 x 9 baking dish
 Grater
 Small saucepan
 Medium mixing bowl
 Small mixing bowl
 Spatula
 Measuring cups
 Measuring spoons

Number of Servings: 6
 PrepTime: 10 minutes
 Total time: 40 minutes

Directions

1. Preheat oven to 350°F. Spray a 9 x 9 dish with non-stick cooking spray. Using a grater, shred apples down to the core. Set aside.
2. Mix oats, baking powder, cinnamon, raisins and brown sugar in a medium size mixing bowl. Set aside. Add shredded apples to mixture, stir.
3. Melt margarine. Crack egg into a cup and check for shells and freshness. Pour into a separate bowl and stir to blend white and yolk. Stir in milk, melted margarine and vanilla to bowl with egg and margarine. Pour milk mixture into oats and apple mixture and stir well.
4. Pour mixture into baking dish. Bake at 350°F for 30 minutes or until knife inserted in middle comes out clean.

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Nutrition Facts

Serving Size: 1 bar

Servings: 6

Amount Per Serving

Calories 233

Calories from Fat 36

%Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 4%

Cholesterol 37mg 12%

Sodium 162mg 7%

Total Carbohydrate 43g 14%

Dietary Fiber 5g 21%

Protein 9g 17%

Vitamin A 7% Vitamin C 7%

Iron 12% Calcium 19%

*Percent Daily Values are based on a 2,000 calorie diet.

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