



Baked Berry Oatmeal



Ingredients

- 2 cups **old fashioned rolled oats**
- 1 teaspoon **baking powder**
- 1 teaspoon **cinnamon**
- ¼ teaspoon **salt**
- 2 **eggs**
- ½ cup **brown sugar**
- 1 ½ teaspoons **vanilla**
- 2 cups **nonfat** or **1% milk**
- 4 teaspoons **butter** or **margarine**, melted
- 2 cups **cane berries**, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup **walnuts**, chopped (optional)

Directions

1. Preheat oven to 375 degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Makes: 6 cups
Prep time: 15 minutes
Cooking time: 30 minutes

Nutrition Facts

Serving Size 1 cup (206g)
 Servings Per Container 6

Amount Per Serving

Calories 350 **Calories from Fat** 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 270mg **11%**

Total Carbohydrate 55g **18%**

Dietary Fiber 6g **24%**

Sugars 25g

Protein 11g

Vitamin A 8% • Vitamin C 4%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4