



Heart Month | Heart Healthy Recipe

Baked Cinnamon Applesauce Oatmeal — Breakfast

- 2 cups oats, old fashioned or quick
- 1/4 cup brown sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 cup raisins
- 2 Tbsps walnuts, chopped
- 1 egg
- 1½ cups 1% milk
- 2 Tbsps canola oil
- 1/2 cup applesauce

Yield: 1 pan/6 servings

Serving size: 3"X4.5" piece

Combine oats, sugar, baking powder, cinnamon, raisins & walnuts in a medium bowl and stir together. Combine egg, milk, oil & applesauce in a small bowl and whisk together. Pour moist ingredients into dry ingredients and mix well. Pour into a coated 9"x9" pan and bake at 375 degrees for 20 minutes. Serve warm and with milk if desired.

Microwave leftover portions for a fast, warm breakfast.

Nutrient info: 256 Calories, 37 g carbs, 8 g protein, 9 g total fat, 1 g saturated fat, 33 mg chol., 129 mg sodium, 4 g fiber