

# Apple Cinnamon Baked Oatmeal

- 2 cups rolled oats (not instant)
- 1 ½ cups fat-free milk, soy milk or almond milk
- ½ cup egg substitute or egg whites
- ½ cup packed brown sugar
- 1 teaspoon baking powder
- 1 tablespoon melted margarine
- ½ teaspoon cinnamon
- 1 ½ cups chopped apples

1. Preheat oven to 350°F.
2. In a small bowl mix together the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats, add the apples and mix well.
5. Spoon the mixture into a 8 x 8 inch pan coated with cooking spray and bake for 30-40 minutes, until top is firm and a toothpick comes out clean in the center



Floyd Memorial  
Hospital and Health Services

Yield: 9 servings (serving size: 1 square)

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