

Apple Cinnamon Baked Oatmeal Recipe

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Serving Size - 1 square
Serves 9

Calories: 160; Total fat: 3g;
Saturated fat 1g; Sodium 80mg;
Total Carbohydrate: 30g · Dietary Fiber 3g
Sugars 18g; Protein 4g · Vit A 248IU
Vit C 1.5mg; Calcium 56mg

This make-ahead dish is handy to heat up and have for a quick healthy breakfast or snack. You can add a touch more brown sugar if you like it sweeter and a splash of milk for more creaminess.

Ingredients

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

Directions

Before you begin: Wash your hands.

1. Preheat oven to 350°F (176°C).
2. In a small bowl mix 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 stir to combine.
5. Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.