

# Baked Apple-Raisin Oatmeal

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## **Servings: 9**

*nonstick cooking spray*

*2 cups `old-fashioned rolled oats*

*3/4 cup raisins*

*1 teaspoon baking powder*

*1 teaspoon cinnamon*

*1/4 teaspoon salt*

*2 eggs*

*1/4 cup maple syrup*

*2 cups milk*

*1 teaspoon vanilla extract*

*4 tablespoons unsalted butter, melted*

*1 apple, finely chopped*

*1/4 cup raisins*

Preheat the oven to 325 degrees.

Coat an eight-inch baking dish with nonstick cooking spray.

In a large bowl, mix the oats, raisins, baking powder, cinnamon and salt.

In another bowl, whisk the eggs, maple syrup, milk, vanilla extract and butter.

Add the milk mixture to the oat mixture. Stir to combine. Stir in the apple. Pour into the prepared baking dish. Sprinkle raisins on top.

Bake for about 45 minutes, until the top is golden and set.

Let cool slightly and cut into squares.

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Per Serving (excluding unknown items): 178 Calories; 8g Fat (39.8% calories from fat); 4g Protein; 24g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 159mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.