



APPLE CINNAMON BAKED OATMEAL

 9 squares

INGREDIENTS

- 1½ cups fat-free milk or almond milk
- ½ cup packed brown sugar
- 1/2 cup egg whites
- 1 tbsp butter, melted
- 1/2 tsp cinnamon, ground (1 g)
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

COOKING METHOD

- 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.

NUTRITIONAL INFORMATION

	PER 100 g	PER SQUARE (105 g)	% DRI
ENERGY	150 kcal	158 kcal	8 %
FAT	2 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	4 mg	4 mg	1 %
SODIUM	107 mg	113 mg	5 %
CARBOHYDRATE	28 g	29 g	10 %
SUGARS	15 g	16 g	—
FIBER	2 g	2 g	9 %
PROTEIN	5 g	5 g	—