

One Bowl Baked Oatmeal

Ingredients

- 1 and 3/4 cups milk (dairy or nondairy)
- 2 large eggs
- 1/2 cup pure maple syrup
- 1/4 cup unsalted butter, melted and slightly cooled
- 1/4 cup unsweetened applesauce or mashed banana
- 3 cups old-fashioned whole rolled oats
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon salt
- 1 and 1/2 cups fresh or frozen mixed berries (unthawed)
- optional for topping: 1/2 cup chopped walnuts or pecans

Instructions

- Adjust the oven rack to the lower third position and preheat the oven to 350°F. Spray a 9×9 inch or 11×7 inch baking pan with nonstick spray.*
- Whisk all of the ingredients together in 1 large bowl. Pour into prepared baking pan. Top with nuts, if desired (or stir into the oatmeal.) Bake for 35 minutes or until the center appears **almost** set. For drier and more solid baked oatmeal, bake until center has set.
- Cool for 5 minutes before serving. Spoon or slice and serve with yogurt, if desired. Cover leftovers tightly and refrigerate for up to 1 week.

* For a 9x13 pan, double the recipe and bake for at least 10 extra minutes. Cover with foil if browning too quickly.