

Cherry Baked Oatmeal

Serves 4

Ingredients:

- 1 1/2 cups old fashioned oats
- 1/3 cup brown sugar, packed
- 1/2 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/8 teaspoon salt
- 1 cup chopped almonds (or pecans or walnuts)
- 1 cup dried cherries
- 1 1/4 cups lowfat milk
- 1 egg, lightly beaten
- 1/2 teaspoon vanilla extract
- 2 Tablespoons butter, cut into small pieces



Directions:

1. Preheat oven to 350 ° F. Lightly grease an 8-inch square casserole dish with nonstick spray.
2. In a large bowl, mix the oats with the brown sugar, baking powder, cinnamon, salt, nuts and cherries. With the spoon, form a well in the center.
3. Pour the milk, egg and vanilla into the center, mix thoroughly. Pour mixture into prepared baking dish, and add butter pieces to the top. (Oatmeal can be prepared to this point then refrigerated overnight).
4. Bake until all liquid is absorbed and the top is golden brown, about 25 to 30 minutes.
5. Serve warm.
6. Refrigerate leftovers promptly.

Nutrition Facts	
Serving Size (206g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 210mg	9%
Total Carbohydrate 73g	24%
Dietary Fiber 8g	32%
Sugars 24g	
Protein 15g	
Vitamin A 35%	Vitamin C 2%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories.	
Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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