

# Baked Oatmeal

11 ingredients · 50 minutes · 8 servings



## Directions

1. Preheat oven to 350.
2. Mix together in large bowl oats, sugar, salt, cinnamon, baking powder, and dried fruit.
3. In medium bowl mix together the rest of ingredients, except nuts.
4. Combine two bowls and stir to mix. Pour into 9 x 13 pan. Top with chopped nuts. Bake 40 minutes or until top is golden. Serve immediately with a splash of milk or leftover heated.
5. Keep an eye on the nuts so they don't burn! I did 1 ¼ Cups dried blueberries / cherries mix, ¾ cup unsweetened coconut. If you use sweetened coconut reduce brown sugar to ½ - ¾ cup.

## Ingredients

- 4 1/2 cups Oats
- 1 cup Coconut Sugar (brown sugar or honey (or 1/2 C. pure maple syrup))
- 1 1/2 tsps Sea Salt
- 1 tbsp Cinnamon
- 1 tbsp Baking Powder
- 2 cups Dried Unsweetened Cranberries (any dried fruit [unsulfured, no sugar added])
- 1 1/2 cups Unsweetened Almond Milk (any milk will work)
- 1/2 cup Unsweetened Applesauce (or 3/4 C. melted butter)
- 1 tbsp Vanilla Extract
- 3 Egg
- 1 1/2 cups Pecans (chopped; almonds, pecans, walnuts etc (optional))

## Nutrition

Amount per serving

<b>Calories</b>	511	<b>Cholesterol</b>	70mg
<b>Fat</b>	20g	<b>Sodium</b>	685mg
<b>Carbs</b>	77g	<b>Vitamin A</b>	214IU
<b>Fiber</b>	9g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	41g	<b>Calcium</b>	245mg
<b>Protein</b>	10g	<b>Iron</b>	3mg