Apple Cinnamon Baked Oatmeal

INGREDIENTS:

- 2 ¾ cups old-fashioned rolled oats
- 1 tablespoon chia seeds
- 1 ½ teaspoon ground cinnamon
- 1 teaspoons baking powder
- 1/4 teaspoon fine salt
- 1/4 cup maple syrup or raw honey
- ½ cup unsweetened applesauce
- 2 organic eggs
- 1 ¼ cups milk of choice
- ¼ cup melted unsalted butter or coconut oil
- 1 teaspoon pure vanilla extract
- 1 cup shredded apple or finely diced, more for topping
- ⅓ cup chopped walnuts, toasted



NUTRITION:

Serving: 1/9 of recipe

- Calories: 277
- Fat: 12 g
- Sat Fat: 4 g
- Sodium: 174 mg
- Carbohydrate: 35 g
- Fiber: 5 g
- Sugar: 11 g
- Protein: 8 g
- Cholesterol: 54 mg

DIRECTIONS:

- Preheat the oven to 375°F. Spray a 9×9 or 8×8-inch baking dish with cooking spray.
- In a bowl, combine the old-fashioned rolled oats, cinnamon, chia seed, baking powder, fine salt, maple syrup, applesauce, eggs, milk, butter, and vanilla. Stir until combined.
- Fold in the apples and toasted walnuts.
- Transfer batter to the prepared dish. Top with a few chopped toasted walnuts.
- Bake for 30-35 minutes or until the center is set.
- Let sit for 10 minutes before serving.
- Top servings with whipped topping or yogurt and maple syrup if you please.

Makes 9 servings

Reference:https://TheRealFoodDietitians.com