



BAKED OATMEAL

Instructions:

- Preheat oven to 375 degrees Fahrenheit.
- Stir together the oats, sugar, nuts, dried fruit, salt and baking powder.
- In a separate bowl, whisk the milk, applesauce, butter, and egg and stir into the oats mixture.
- Coat an 11 x 7 baking dish with butter, oil or non-stick cooking spray and pour the batter into the dish.
- Bake in the oven for 20 minutes.
- After baking, allow to cool. Cut into single servings and wrap in plastic wrap.
- Store in the freezer using a freezer bag.
- In the morning, remove the wrap and reheat. Enjoy!



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Ingredients:

- **2 cups old fashioned oats (or grain of choice)**
- **½ cup packed brown sugar (or sweetener of choice)**
- **1 tsp baking powder**
- **½ cup unsweetened applesauce or yogurt**
- **2 T butter or oil of choice**
- **1 large egg**
- **1 ½ cups milk or liquid of choice**

***Some grains may require more/less liquid**

Optional:

¼ cup dried fruit of choice

¼ cup nuts of choice

Sea/Kosher salt to taste