



# Blueberry Baked Oatmeal

**SERVING SIZE:** 2/3 cup  
**SERVINGS:** 8  
**PREPARATION TIME:** 10-15 minutes  
**COOK TIME:** 35 minutes

## INGREDIENTS:

- 1/3 cup unsweetened applesauce
- 2 eggs
- 4 packets (4 grams) of Splenda sweetener
- 1 1/2 teaspoons baking powder
- 1 Tablespoon vanilla extract
- 1 Tablespoon cinnamon
- 1 1/4 cups milk
- 3 cups oatmeal, old fashioned
- 1 cup frozen blueberries

## DIRECTIONS:

1. Lightly grease a 9 x 9 baking dish with oil.
2. In a small mixing bowl, whisk eggs, Splenda and all other ingredients except oatmeal and milk.
3. In a large mixing bowl, mix milk and oatmeal together.
4. Combine milk and oatmeal with the other ingredients.
5. Mix in the cup of frozen blueberries.
6. Pour mixture into baking dish and cover with aluminum foil.
7. Refrigerate overnight.
8. In the morning, remove foil and bake at 350 degrees for 35 minutes.

## RECIPE TIPS:

-You can substitute 1 cup of diced apples or peaches for blueberries



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>171</b>
<b>Total fat</b>	4g
Saturated fat	1g
<b>Cholesterol</b>	48mg
<b>Sodium</b>	126mg
<b>Total Carbohydrate</b>	27g
Fiber	4g
Sugar	5g
Includes 0g of Added Sugars	
<b>Protein</b>	7g
<b>Phosphorus</b>	208mg
<b>Potassium</b>	212mg

## EQUIPMENT NEEDED:

- 9 x 9 baking pan
- Non-stick spray
- Spatula
- Small and large mixing bowls
- Aluminum foil

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)