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 3/4 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

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org