Cherry Baked Oatmeal

Serves 4

Ingredients:

1 1/2 cups old fashioned oats

1/3 cup brown sugar, packed

1/2 teaspoon baking powder

2 teaspoons cinnamon

1/8 teaspoon salt

1 cup chopped almonds (or pecans or walnuts)

1 cup dried cherries

1 1/4 cups lowfat milk

1 egg, lightly beaten

1/2 teaspoon vanilla extract

2 Tablespoons butter, cut into small pieces

Directions:

- 1. Preheat oven to 350 ° F. Lightly grease an 8-inch square casserole dish with nonstick spray.
- 2. In a large bowl, mix the oats with the brown sugar, baking powder, cinnamon, salt, nuts and cherries. With the spoon, form a well in the center.
- Pour the milk, egg and vanilla into the center, mix thoroughly. Pour mixture into prepared baking dish, and add butter pieces to the top. (Oatmeal can be prepared to this point then refrigerated overnight).
- 4. Bake until all liquid is absorbed and the top is golden brown, about 25 to 30 minutes.
- Serve warm.
- 6. Refrigerate leftovers promptly.







Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D.



This material was funded by USDA's Supplemental Nutrition
Assistance Program (SNAP) through a contract awarded by the
Kansas Department for Children and Families. USDA is an equa
opportunity employer and provider. SNAP provides nutrition
assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

Cherry Baked Oatmeal

Serves 4

Ingredients:

1 1/2 cups old fashioned oats

1/3 cup brown sugar, packed

1/2 teaspoon baking powder

2 teaspoons cinnamon

1/8 teaspoon salt

1 cup chopped almonds (or pecans or walnuts)

1 cup dried cherries

1 1/4 cups lowfat milk

1 egg, lightly beaten

1/2 teaspoon vanilla extract

2 Tablespoons butter, cut into small pieces

Directions:

- 1. Preheat oven to 350 ° F. Lightly grease an 8-inch square casserole dish with nonstick spray.
- 2. In a large bowl, mix the oats with the brown sugar, baking powder, cinnamon, salt, nuts and cherries. With the spoon, form a well in the center.
- Pour the milk, egg and vanilla into the center, mix thoroughly. Pour mixture into prepared baking dish, and add butter pieces to the top. (Oatmeal can be prepared to this point then refrigerated overnight).
- 4. Bake until all liquid is absorbed and the top is golden brown, about 25 to 30 minutes.
- 5. Serve warm.
- 6. Refrigerate leftovers promptly.

spoon, form a well in
Nutrition Facts Serving Size (206g) Servings Per Container Amount Per Serving
Calories 510 Calories from Fat 210
% Daily Value*
Total Fat 23g 35%
Saturated Fat 6g 30%
Trans Fat 0g
Cholesterol 65mg 22%
Sodium 210mg 9%
Total Carbohydrate 73g 24%
Dietary Fiber 8g 32%
Sugars 24g
Protein 15g
Vitamin A 35% • Vitamin C 2%
Calcium 20% • Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie reeds: Calories: 2,000 2,500





Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Directors.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Famillies. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein

Total Carbohydrate

Dietary Fiber

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.