

Cinnamon Raisin Baked Oatmeal

INGREDIENTS:

- ½ cup unsweetened apple sauce
- 1 egg
- 2 Tbsp. brown sugar
- ½ tsp. cinnamon
- ¼ tsp. salt
- 3/8 tsp. baking powder
- ¼ cup water
- 1 Tbsp. instant dry milk
- ¼ cup dried cranberries
- ½ cup old fashioned rolled oats
- 2 Tbsp. chopped walnuts or pecans (optional)



DIRECTIONS:

1. Preheat the oven to 375°F and coat 3 muffin tin cups with non-stick cooking spray.
2. In a large measuring cup, measure ¼ cup water. Add instant dry milk and stir until powder dissolves.
3. In a medium bowl, combine all ingredients.
4. Pour the mixture into the prepared pan. Bake 30 - 45 minutes or until the top is golden brown in color or until toothpick comes out clean.

Fun Facts!

- Walnuts, pecans, cashews, pistachios, and almonds are called tree nuts because they grow on trees.
- Brown sugar can hold its shape because it has molasses, while white sugar does not. Molasses contain important minerals for your body!