

Baked Apple Oatmeal *Serves 6*

- 3 cups rolled oats
- 2 cups apples with skin, small chopped pieces
- 2/3 cup skim milk powder + 2 cups water Or 2 cups milk
- 1/4 cup brown sugar
- 3 tbsp margarine
- 1/4 cup applesauce
- 1 large egg - beaten
- 1 tsp baking powder
- 1 tsp cinnamon
- 3/4 tsp salt

1. Combine dry ingredients, except brown sugar in a bowl. In a separate bowl, mix together milk, egg, applesauce, butter, and brown sugar.
2. Stir the liquid ingredients into the dry and pour into medium sized greased baking dish. Bake for 20 minutes at 400 degrees.

Tip: Other types of fruit besides apples work well too! Try berries, or canned peaches, apricots or bananas as an alternative.