

## Baked Oatmeal with Berries and Apples



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**Recipe makes:** 18 servings

**Preparation time:** 15 to 20 minutes

**Cook time:** 1 hour and 10 minutes

**Equipment:** one cutting board, one sharp knife, one set of measuring cups, one set of measuring spoons, one oven, one 20\*20 cm (8\*8-inch) baking pan, parchment paper (optional), one small bowl, two spoons, one medium bowl, one fork or whisk, one rubber spatula, cooling rack, one knife, one spatula

## What you need to make this recipe:

- 1 tablespoon ground flaxseed
- 3 tablespoons warm water
- 3 ½ cups quick or rolled oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/3 cup pure maple syrup
- 1 teaspoon vanilla extract
- 2 ¼ cups skim milk
- ½ tablespoon canola oil
- 1 medium apple, cored and diced
- 1 ½ cups fresh or frozen mixed berries
- 2 tablespoons brown sugar
- Cooking spray or butter

## How to make Baked Oatmeal with Berries and Apples:

1. Preheat the oven to 175°C (350°F).
2. Prepare the baking pan.  
Option 1: Lightly grease with cooking spray.  
Option 2: Lightly grease with butter using parchment paper.  
Option 3: Line with parchment paper.
3. In a small bowl, stir together the flaxseed and water using a spoon. Let sit for 10 to 15 minutes.
4. In a medium bowl, stir together the oats, baking powder, salt, and cinnamon using a spoon.
5. Add the flaxseed mixture, maple syrup, vanilla, milk, and oil to a large bowl. Using a whisk or fork, whisk until combined.
6. Add the dry ingredients to the wet ingredients. Stir together using a spoon until just combined.
7. Add the apple and 1 ¼ cups of the berries to the batter. Using a rubber spatula, fold the fruit into the batter until well combined.
8. Pour the batter into the prepared baking pan. Using the back of a spoon or a rubber spatula, press the batter evenly into the pan.
9. Evenly sprinkle the remaining ¼ cup of berries on the top of the oatmeal.
10. Bake the oatmeal in the preheated oven for 10 minutes.
11. Take the oatmeal out of the oven. Sprinkle the brown sugar evenly on the top of the oatmeal.
12. Bake the oatmeal for 1 hour or until a toothpick inserted in the center comes out clean.
13. Put the baking pan on a cooling rack and let the oatmeal cool for 15 to 20 minutes.
14. Using a knife, cut the oatmeal into 18 squares.
15. To serve, use a spatula to lift the oatmeal out of the pan.

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<b>Nutrition Facts</b>	
Per 1 serving (1 square)	
<b>Calories 160</b>	<b>% Daily Value*</b>
<b>Fat</b> 2.5 g	3 %
Saturated 0.4 g	2 %
+ Trans 0 g	
<b>Carbohydrate</b> 30 g	
Fibre 4 g	14 %
Sugars 8 g	8 %
<b>Protein</b> 6 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 70 mg	3 %
Calcium 75 mg	6 %
Iron 1.5 mg	8 %
Vitamin A 20 µg	2 %
Vitamin C 1 mg	1 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard: Moderate</b>	

## Allergy information:

Contains milk.

May contain wheat and gluten.

## About this recipe:

Oats contain fibre. Getting enough fibre in your diet can help keep your gut healthy.

## Substitutions:

To make this recipe wheat and gluten-free, use certified gluten-free ground flaxseed and oats.

## Storage:

The oatmeal can be stored in an airtight container in the fridge for 3 to 4 days or in the freezer for up to 3 months.