

# Baked Oatmeal

## Ingredients:

1 tablespoon olive oil  
 1/2 cup unsweetened applesauce  
 1/3 cup brown sugar  
 4 egg whites

3 cups uncooked rolled oats  
 2 teaspoons baking powder  
 1 teaspoon cinnamon  
 1 cup skim milk

## Directions:

1. Preheat oven to 350°F.
2. In a large bowl, stir together oil, applesauce, sugar, and eggs. Add dry ingredients to milk and mix well.
3. Spray a 9x13 inch baking pan generously with cooking spray. Spoon oatmeal mixture into pan.
4. Bake uncovered at 350°F for 30 minutes.

## Nutrition Facts

Serving Size 3/4 cup (94g)  
 Servings Per Container 8

Amount Per Serving

**Calories 170**    **Calories from Fat 35**

% Daily Value\*

<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	

**Protein 6g**

Vitamin A 2%    •    Vitamin C 15%  
 Calcium 10%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

For more information, please contact:

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