

Apple Cinnamon Baked Oatmeal

Serving Size: 1 Bar | Servings per Recipe: 6 | Heart Healthy



INGREDIENTS

- 1 $\frac{3}{4}$ cups any milk
- 2 eggs
- 3 cups rolled oats
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{4}$ cup unsweetened applesauce (or 1 small mashed banana)
- 1 tsp cinnamon (optional)
- 1 medium apple, chopped

DIRECTIONS

- Preheat oven to 350°F and lightly grease a 9x9 inch baking pan.
- In a large bowl, whisk together milk, eggs, peanut butter, and applesauce/banana until smooth.
- Stir in oats, cinnamon, and chopped apple until evenly mixed.
- Pour mixture into prepared pan and spread evenly.
- Bake for 35 minutes or until golden brown and set in the center.
- Let cool slightly, cut into 6 bars, and serve. Store in the fridge.



Calories per serving: 220 | 8 g total fat | 30 g total carbohydrates | 80 mg sodium | 8 g protein

Recipe and image from [kimscravings.com](https://www.kimscravings.com)