

# BAKED BLUEBERRY AND PEACH OATMEAL

---

Serves 9

## INGREDIENTS

3 cups old-fashioned oats  
1/2 cup packed brown sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
2 teaspoons cinnamon  
1 egg plus 2 egg whites  
1 1/4 cups fat-free milk  
1/4 cup canola oil  
1 teaspoon vanilla extract  
1 (14 ounce) can peaches, packaged in own juice  
1 cup fresh or frozen blueberries  
1/4 cup walnuts, chopped



## DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine the oats, brown sugar, baking powder, salt, and cinnamon.
3. Whisk the eggs, milk, oil, vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes.
4. Stir in peaches and blueberries.
5. Transfer to a greased 11 x 17 inch baking dish. Sprinkle with walnuts.
6. Bake, uncovered, for 35-40 minutes. Serve with a dollop of non-fat Greek yogurt on top.
7. Bake for 40-45 minutes.

## NUTRITION INFORMATION PER SERVING (Serving Size: 3/4 Cup)

Calories: 268, Total Fat: 10g, Saturated Fat: 1g, Sodium: 276mg,  
Carbohydrate 37g, Fiber: 4g, Added Sugar: 11g, Protein: 7g

## SOURCE:

Melinda Mahoney, RDN, LDN

---



**Health Plus:** Advancing healthy lifestyle practices.