

BAKED OATMEAL SQUARES WITH MAPLE SYRUP

From the *Taste for Life* test kitchen

15 MINUTES PREP TIME + 30 MINUTES

N SERVES 8

Nonstick spray

3 c gluten-free oats

2 tsp gluten-free baking powder

1 1/2 tsp cinnamon

1/2 tsp salt

2 eggs

1 c of your favorite milk (soy, rice, coconut, etc.)

1/2 c unsweetened applesauce

2 tsp vanilla extract

1 c raisins

Maple syrup to taste

1. Preheat oven to 350°. Spray a 9x13-inch baking dish with nonstick spray. Set aside.
2. In a large bowl combine oats, baking powder, cinnamon, and salt.
3. In another bowl, whisk together eggs, milk, applesauce, and vanilla. Add applesauce mixture to oat mixture and combine. Stir in raisins.
4. Pour mixture into baking dish. Bake for approximately 30 minutes, until oatmeal is set.
5. Cut oatmeal into squares and top with maple syrup.

Note: Baked Oatmeal Squares can be made ahead and reheated in the morning. Store in refrigerator until serving.

Per serving: 324 Calories, 10 g Protein, 63 g Carbohydrates, 6 g Fiber, 5 g Total fat, 299 mg Sodium, HHHHH Manganese, HH Selenium, H Calcium, Iron, Magnesium, Zinc