



### **Baked Oatmeal With Fruit**

*This is a delicious way to enjoy a favorite breakfast food – oatmeal.  
It's even healthier with mixed berries or fruit. Make a big  
batch ahead of time for the whole week!*

Serves 6

2 cups rolled oats, quick or regular  
1/2 cup walnut pieces, toasted and chopped  
1/3 cup light brown sugar or maple syrup  
1 teaspoon baking powder  
1 1/2 teaspoons ground cinnamon  
2 cups low-fat milk  
1 large egg  
3 tablespoons unsalted butter, melted and cooled slightly  
2 teaspoons pure vanilla extract  
½ teaspoon salt  
1 1/2 cups mixed berries  
*Optional:* 2 ripe bananas, cut into 1/2-inch pieces

Preheat the oven to 375°F with a rack in the top third of the oven. Generously grease the inside of an 8- or 9-inch square baking dish.

In a bowl, mix together the oats, half the walnuts and the sugar, if you're using it; the baking powder, cinnamon and salt. In another bowl, whisk together the maple syrup, if you're using it, the milk, egg, half of the butter and the vanilla.

If you're using them, arrange the bananas in a single layer in the bottom of the prepared baking dish. Sprinkle two-thirds of the berries over the top. Cover the fruit with the oat mixture. Slowly drizzle the milk mixture over the oats. Gently give the baking dish a couple thwacks on the countertop to make sure the milk moves through the oats.

Scatter the remaining berries and remaining walnuts across the top. Bake for 35 to 45 minutes, until the top is nicely golden and the oat mixture has set. Remove from the oven

and let cool for a few minutes. Drizzle the remaining melted butter on the top and serve. Sprinkle with a bit more sugar or drizzle with maple syrup if you want it a bit sweeter.