Quick Fruit and Oat Breakfast Bake

QUAKER

Servings: 6 | **Cook Time:** 20 Minutes

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Ingredients

- 3 cups Quaker® Oats (quick or old fashioned, uncooked)
- 2 tablespoons brown sugar, divided
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 cup nonfat milk
- 1 teaspoon vanilla extract
- 2 egg whites, beaten
- 6 tablespoons finely chopped apple or pear with peel, blueberries, raspberries or blackberries

Preparation

1. Heat oven to 350°F.
2. In large bowl, stir together oats, brown sugar, baking powder, cinnamon and salt. Combine well.
3. In separate bowl stir together milk, vanilla and egg whites.
4. Add to oat mixture. Stir to combine well. Let stand about 5 minutes until liquid is absorbed.
5. Coat 6 muffin pan cups with nonstick spray. Portion oat mixture evenly into cups.
6. Top each with 1 tablespoon desired fruit, pressing lightly.
7. Bake 20 minutes or just until firm. Let stand in pan on wire rack 5 minutes. Serve warm or at room temperature.
8. Refrigerate or freeze leftovers. Reheat in microwave oven on High 30 seconds to 1 minute or until heated as desired.

NUTRITION FACTS (PER SERVING):
200 calories, 3 g fat, <0.5 g sat fat, 0 mg cholesterol, 170 mg sodium, 36 g total carb, 5 g fiber, 8 g sugar, 8 g protein, 10% DV calcium, 2% DV vitamin D, 0% DV vitamin C, 2% DV vitamin A, 6% DV potassium, 10% DV iron, 15% DV thiamin, 15% DV magnesium, 4 g added sugar

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