



RECIPE: APPLE & MAPLE BAKED OATMEAL



INGREDIENTS

2 c. old fashioned oats
1/2 c. walnuts chopped
1 1/2 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. fine sea salt
2 c. low-fat milk
1/3 c. NY Maple Syrup
1 egg
3 Tbs. butter, melted
2 tsp. vanilla extract
2 Gala apples (peeled & cut into half in. pieces)
1 1/2 c. raisins, divided



DIRECTIONS

Preheat oven to 375 degrees. Grease an 8 or 9 inch baking dish; set aside.

In a separate medium bowl, whisk together the milk, maple syrup, egg, half of the melted butter, and vanilla extract.

Arrange the sliced apples in a single layer on the bottom of the baking dish. Sprinkle 1 c. of the raisins on top of apples. Cover the apples with the oats, using a fork or spoon to spread it into an even layer. Slowly drizzle the milk mixture all over the top of the oats. Rap the baking dish on the counter a couple of times to disperse the milk among the oats. Sprinkle the top with the remaining walnuts and raisins.

Bake for 35 to 46 minutes, or until the top is golden brown and the mixture is set. Remove from the oven and let sit for at least 5 minutes. Drizzle the remaining melted butter over the top and serve. Yields 6 servings.