



Baked Oatmeal Recipe

- 2 cups Harraways Scotch Oats
- 1½ tsp baking powder
- 1 tsp ground cinnamon
- 2 tbsp dark brown sugar
- 1/3 cup chopped nuts or dried fruit pieces
- 2 eggs
- 1½ cups low fat or skim milk
- 1 tsp vanilla extract
- 1 tsp vegetable oil
- ½ cup no sugar added apple sauce or puree

Directions

Combine oats, baking powder, cinnamon, dark brown sugar and chopped nuts in a large bowl and mix. Beat eggs in a medium bowl and then add milk, vanilla, vegetable oil and apple sauce.

Add dry ingredients to milk mixture and stir well.

Grease a 20cm dish. Pour oat mixture into dish and bake in the oven for 35-40 minutes at 175C or until toothpick inserted into the center comes out clean.

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