

MAKE-AHEAD BREAKFAST

Cinnamon-Apple Baked Oatmeal

Warm, gently sweet and packed with apples and oats

SERVES

6

PREP

15 min

COOK

30 min



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INGREDIENTS

- 4 sprays cooking spray
- 2 1/4 cups old-fashioned rolled oats
- 1/4 cup packed brown sugar
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1/4 tsp table salt
- 2 large eggs
- 1 1/3 cups fat-free skim milk
- 1 tsp vanilla extract
- 3/4 cup water
- 2 medium apples, unpeeled, cored and shredded
- 1/3 cup chopped unsalted pecans
- 3 cups mixed berries

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DIRECTIONS

- 1 Heat the oven to 375 F and coat an 11 x 7-inch baking dish with cooking spray.
- 2 Combine the oats, brown sugar, cinnamon, baking powder and salt in a large bowl.
- 3 Whisk the eggs, milk, vanilla and water in another bowl. Stir into the oats, then fold in the shredded apples.
- 4 Spread in the dish, sprinkle with pecans and bake uncovered for 25 to 30 minutes, until set. Cut into 6 pieces and serve each with 1/2 cup berries.

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WW POINTS

per serving

24 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Bake once and refrigerate individual portions for quick breakfasts throughout the week.

ESTIMATED NUTRITION PER SERVING

CALORIES

295

PROTEIN

9g

CARBS

47g

FAT

9g

SAT. FAT

2g

FIBER

6g

SODIUM

180mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.