

Baked Oatmeal

One of my favorite recipes, this oatmeal does not turn out mushy and the variety is endless!

Ingredients:

2 cups old-fashioned oats 2 cuts nut or rice milk
1/2 tsp vanilla
1/2 cup slivered almonds 1/2 cup dried cranberries
1 lg unpeeled apple, grated 4 tbsp maple syrup

Directions:

1. Preheat oven to 400.
2. Coat a 3qrt casserole dish with spray.
3. Combine all ingredients in a large bowl, place in dish and bake 25-35 minutes.