

Healthy Baked Oatmeal

Prep: 5 minutes Cook: 45 minutes

Serves: 9

Ingredients:

- 2 cups old fashioned oats
- 1/2 cup sliced almonds
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup dark chocolate chips
- 1 large egg
- 1/2 cup peanut butter
- 1/4 cup maple syrup
- 2 cups milk
- 1 teaspoon vanilla extract

Nutrition Facts

Servings: 9

Amount per serving

Calories **328**

% Daily Value*

Total Fat 14.7g **19%**

Saturated Fat 3.5g **18%**

Cholesterol 23mg **8%**

Sodium 228mg **10%**

Total Carbohydrate 38.9g **14%**

Dietary Fiber 5g **18%**

Total Sugars 12g

Protein 11.8g

Instructions:

1. Preheat the oven to 375°F. Spray an 8x8” pan with non-stick cooking spray.
2. In a medium bowl, mix together oats, almonds, baking powder, chocolate chips and salt.
3. In a large bowl, whisk egg. Whisk in the peanut butter and maple syrup, milk and vanilla extract. Stir into the oat mixture.
4. Pour the mixture into the prepared pan.
5. Bake for 45 minutes, until the oatmeal is set in the middle. Allow to cool for about 10 minutes.

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1. Each recipe you make will earn you one entry
2. Recipes have to be made to the best of your ability (not perfectly) and include as many of the original ingredients as possible
3. Photos must be submitted within two weeks of the STAR cooking class that specific recipe was made
4. **TWO** photos must be submitted to be eligible
 - a. A picture of all of your ingredients with the recipe
 - b. A picture of you with your completed recipe
 - c. A picture of the finished recipe
5. E-mail photos to Katherine.B@OKCIC.com