

# Baked Oatmeal

Serving size: 4 (1 cup)



TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

## Preparation

1. Preheat oven to 375° F. Lightly grease a 2-quart baking dish.
2. In a mixing bowl, mix all ingredients and pour into a baking dish.
3. Bake until set, about 45 minutes to 1 hour. Leftovers can be reheated the next day.

## Nutrition Facts Per Serving

Calories	295
Fat	10g
Saturated Fat	1g
Cholesterol	44mg
Carbohydrate	43g
Fiber	7g
Protein	9g

## Ingredients

- 2 cups gluten free rolled oats
- 2 cups unsweetened almond milk
- 1 egg, beaten
- 1 apple, diced
- 2 tablespoons raisins
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup walnuts, chopped (optional)

