

# Baked Oatmeal

with **Butter Buds**®



**Group: Breakfast**

Number of Portions: 6

Size of Portions: 1.3"x1.3"



## INGREDIENTS

## MEASURE

Quick Cooking Oats	2 Cups
Walnut Pieces	1/2 Cup
Sugar	1/3 Cup
Baking Powder	1 tsp.
Cinnamon	1 1/2 tsp.
Salt	1/2 tsp.
Milk 2%	2 Cups
Egg, Large	1
Hot Tap Water	3 Tbsp.
<b>Butter Buds</b> , Dry	1 Tbsp.
Vanilla Extract	2 tsp.
Bananas, Sliced	2
Blueberries	3/4 Cup
Strawberries, Sliced	3/4 Cup
<b>Buttermist</b> ® Food and Pan Spray	

## PREPARATIONS

Preheat oven to 375°F. Spray 8"x8" pan generously with Buttermist.

In a bowl, mix together oats, half of the walnuts, sugar, baking powder, cinnamon and salt. Stir together to blend.

In another bowl, whisk together hot tap water and Butter Buds until reconstituted. Add milk, egg and vanilla. Blend well.

Arrange banana slices in a single layer in the bottom of the baking pan. Sprinkle 2/3 of the berries on top.

Cover the fruit with the oat mixture. Slowly drizzle Butter Buds mixture over the oats. Gently tap the pan on the counter to be sure the liquid is evenly distributed through the oats and fruit.

Sprinkle remaining berries and walnuts across the top. Spray top with Buttermist.

Bake 35-40 minutes (until set and golden brown). Let cool 5 minutes before serving.

## Nutritional Information

Nutrients are based upon 1 Portion Size: 1.3"x1.3"

<b>Calories</b>	322 kcal	<b>Cholesterol</b>	37.51 mg	<b>Protein</b>	11.21 g	<b>Calcium</b>	180.63mg	29.31% Calories from Total Fat
<b>Total Fat</b>	10.49 g	<b>Sodium</b>	368.09 mg	<b>Vitamin A</b>	70.68 RE	<b>Iron</b>	1.99 mg	5.53% Calories from Saturated Fat
<b>Saturated Fat</b>	1.98 g	<b>Carbohydrate</b>	46.04 g	<b>Vitamin A</b>	239.43 IU	<b>Water</b> <sup>1</sup>	145.73 g	0.00%* Calories from Trans Fat
<b>Trans Fat</b> <sup>1</sup>	0.00 g	<b>Dietary Fiber</b>	17.92 g	<b>Vitamin C</b>	16.26 mg	<b>Ash</b> <sup>1</sup>	2.38 g	57.19% Calories from Carbohydrates
								13.93% Calories from Protein

### Allergens

Contains milk

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

