

Baked Apple Oatmeal

By Agnes Ramsay

1 cup large, flaked oatmeal
1 large apple, grated
3/4 cup skim or 1% milk
1 cup egg whites
1/2 tbsp brown sugar
1/3 cup slivered almonds

Mix all together. Spray a casserole dish with cooking oil and bake for 40 minutes in preheated, 400F oven. Top with blueberry topping – see below.

Blueberry/Apple Topping

1/2 pint fresh blueberries or 1/2 cup frozen blueberries
1 Granny Smith apple, grated
1 tbsp agave
2 tsp cornstarch
1 tsp lemon zest
1 tbsp lemon juice
2 tsp vanilla

Combine all topping ingredients in a small saucepan over medium-low heat. Stir until cornstarch dissolves. Raise heat to medium-high and bring to a slow boil, stirring occasionally, until thickened. Remove from heat. Enjoy on pancakes, french toast or oatmeal bake.