

# Apple Jam Baked Oatmeal

Cook Time: 30 min

## Ingredients (serves 1)

1 smallish apple, grated (I used a cheese grater and it its super fast)

1/2 cup milk of choice

1/4 cup of yogurt of choice (I used a non-fat cherry with low sugar, but you can use any kind you want)

1/2 cup regular rolled oats

1/4 tsp baking powder

1/2 - 3/4 tsp cinnamon

1 Tablespoon Jam of choice, Raspberry is delicious

## Instructions

1. Preheat oven to 350 degrees F. Spray a larger ramekin with nonstick cooking spray.
2. In a bowl, mix apple, milk and yogurt.
3. Add oats, baking powder, and cinnamon and stir until combined
4. Pour into the prepared ramekin.
5. Spoon out 1/2 tablespoon of jam on top on one side and gently mix it down into the oatmeal in clumps. Then spoon another 1/2 tablespoon of jam on top the other side and gently mix it down into the oatmeal in clumps.
6. Bake for 30 minutes.

## Nutrition Info (with fat free, low sugar yogurt and light soy milk)

Calories – 327

Carbs – 67g

Fat –4g

Protein – 10g

Potassium – 461mg

Sugars – 31g

Fiber – 9g

Sodium – 213mg

Cholesterol – 0mg

Calcium – 34%

Vitamin C – 1%

Vitamin A – 10%

Iron – 17%