Breakfast, American

Apple and Cranberry Baked Oatmeal with Dates

A warmly spiced baked oatmeal packed with chopped apple, frozen cranberries, and sweet California Dates, with pecans stirred through. It bakes in one dish and cuts into neat squares for easy serving.



Vegetarian

45 min	140	22 g	22 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 cup old-fashioned rolled oats
- [ ] 1 cup skim milk
- [ ] 1 1/2 large apple (cored and chopped)
- [ ] 1/2 cup frozen cranberries
- [ ] 6 medium California Dates (pitted and chopped)
- [ ] 1/4 cup pecans
- [ ] 1 tbsp all-purpose flour
- [ ] 2 large eggs
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp baking powder
- [ ] 1/4 tsp salt

Nutrition Facts

Per serving

Calories	**140**
Total fat	4.5 g
Saturated fat	1 g
Sodium	105 mg
Total carbs	22 g
Fiber	3 g
Total sugars	22 g
Protein	5 g

Method

- [ ] **1** Start by setting the oven to 350°F, then coat the inside of an 8x8 baking dish with a thin layer of grease.
- [ ] **2** Tip the old-fashioned rolled oats into a big mixing bowl. Add the chopped large apple, the frozen cranberries, the pitted and chopped California Dates, the pecans, the all-purpose flour, the baking powder, the salt, the ground cinnamon, and the ground nutmeg, then stir so everything is evenly distributed through the oats.
- [ ] **3** Crack in the large eggs, pour in the skim milk, and add the vanilla extract, whisking until the mixture turns uniform.
- [ ] **4** Scrape the batter into the greased dish and smooth the surface so it sits level.
- [ ] **5** Slide the dish into the oven and bake for 35 to 40 minutes; it is ready when the center feels set and the top has gone golden brown.
- [ ] **6** Once it comes out, give the bake a short rest, then slice it into 8 equal squares for serving.
- [ ] **7** Squares you want to save will keep in the refrigerator for as long as five days.

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