Carrot Raisin Baked Oatmeal

**INGREDIENTS**
- 2 cups rolled oats
- 1/2 cup raisins
- 1 teaspoon baking powder
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 1 cup lowfat (1%) milk or nondairy beverage
- 2 eggs
- 2 teaspoons pure vanilla extract
- 1 cup shredded carrots
- 1/2 cup chopped apple

**INSTRUCTIONS**
Preheat the oven to 350°F. Lightly coat a 24-cup mini-muffin pan or a 9- to 9 1/2-inch pie plate with spray oil.
In a large bowl, stir together oats, raisins, baking powder, cinnamon and salt. In a separate bowl, whisk together milk, eggs and vanilla until evenly blended. Stir in apples and carrots. Add carrot mixture to oat mixture and stir until evenly blended.
Transfer batter to the prepared pie plate or spoon into the muffin cups. Bake until firm and golden brown on top, 45 minutes for the pie plate or 30 minutes for the muffin pan. Let cool slightly. If baking in a pie plate, cut into 8 wedges to serve.

**SERVING SIZE:**
3 mini muffins or 1 wedge

VISIT BCOC.ORG FOR MORE
Carrot Raisin Baked Oatmeal

**Per Serving:** Serving size: 3 mini muffins or 1 wedge = 190 calories, 8g total fat, 1g saturated fat, 135 mg sodium, 25g carbohydrates, 4 g dietary fiber, 7g protein.

**When eaten as part of a general healthy diet...**

**Oats** Contain a Powerful Soluble Fiber Called Beta-Glucan that may help lower cholesterol levels and protect LDL cholesterol from damage. Oats help control blood sugar when eaten in moderation and can be filling to help with weight loss.

**Carrots** Contain beta carotene for good eye health and fiber for cholesterol management.

**Apples** Contain antioxidants, phytochemicals, and fiber to help with lowering blood pressure, lowering cholesterol, and lowering risk of stroke.

Adapted from wholefoods.com

VISIT BCOC.ORG FOR MORE RECIPES!