

Quick Fruit and Oat Breakfast Bake

These flourless baked oat bites topped with fresh fruit are a quick option for breakfast either at home or on the go.

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Servings: 6

Yield: 6 servings

Ingredients

- 3 cups Quaker® Oats (Quick or Old Fashioned, uncooked)
- 2 tablespoons brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ⅓ teaspoon salt
- 1 cup nonfat milk
- 1 teaspoon vanilla extract
- 2 egg whites, beaten
- 6 tablespoons finely chopped apple with peel

Directions

1. Heat oven to 350 degrees F.
2. In large bowl, stir together oats, brown sugar, baking powder, cinnamon, and salt. Combine well. In separate bowl stir together milk, vanilla, and egg whites. Add to oat mixture. Stir to combine well. Let stand about 5 minutes until liquid is absorbed.
3. Coat 6 muffin pan cups with nonstick spray. Portion oat mixture evenly into cups. Top each with 1 tablespoon apple, pressing lightly.
4. Bake 20 minutes or just until firm. Let stand in pan on wire rack 5 minutes. Serve warm or at room temperature. Refrigerate or freeze leftovers. Reheat in microwave oven on High 30 seconds to 1 minute or until heated as desired.

COOK NOTES:

Substitute pear, blueberries, raspberries, or blackberries for the apple, if desired.

Overnight version: Prepare as directed, but do not add fruit. Cover and refrigerate overnight. Remove from refrigerator; top with fruit. Bake at 350 degrees F for 20 to 25 minutes or just until firm and heated through.

A heart healthy diet should include whole grains, fresh fruits and vegetables, low fat dairy, lean protein and legumes, and should limit fat, saturated fat, cholesterol, and sodium. This recipe provides at least 1g soluble fiber per serving. Nutrition data for this recipe includes Standard Quaker(R) Oats.