

Baked Oatmeal

2-3/4 cups old fashioned rolled oats

2/3 cup brown sugar

1 teaspoon cinnamon

2 tablespoons ground flax seed

3 eggs beaten (or egg beaters)

1 Tablespoon oil

1 Tablespoon vanilla

3 cups skim milk

Fruit and/or Nuts of your choice: 2 grated apples. Or 2 grated pears. Or sliced peaches. Or banana (mashed) and cup chopped pecans. Or blueberries and walnuts. We don't measure the fruit.. the recipe appears to be very forgiving.

Bake at 350 for one hour. Makes a 9 x 9 or 8 x 8 pan Cut into 9 pieces. Reheats very well in the microwave ...only one minute. Freezes well also.