

AMISH BAKED OATMEAL

Ingredients

1/3 cup butter (or substitute 1/3 cup unsweetened applesauce)

2 large eggs (or Eggbeaters)

½ cup brown sugar

1-1/2 teaspoon baking powder

1-1/2 teaspoon vanilla

1 teaspoon nutmeg or cinnamon (or ½ teaspoon of each one)

¼ teaspoon salt

1-1/4 cup skim milk (we use lactose-free milk)

3 tablespoons, ground flax seed

3 cups old fashioned oatmeal (not quick oats)

Variations we enjoy

Add 1/3 cup creamy peanut butter or Add ½ cup orange marmalade or Add 1 mashed banana

Directions

Grease 1-1/2 baking dish (we use 9x9 square stoneware baker)

Mix all dry ingredients together except oatmeal

Wisk in butter (applesauce), eggs and milk, then add oatmeal.

Stir well and refrigerate overnight. Bakes at 350 degrees for 45 minutes. Serve with milk, if desired.