

Baked Oatmeal Berry Casserole



2 cups rolled oats
1/3 cup brown sugar
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 cup dark chocolate chips
1 cup strawberries, hulled and sliced

1/2 cup blueberries
1 ripe banana, sliced
2 cups nonfat milk
1 egg
3 Tablespoons margarine, melted
1 teaspoon vanilla extract

Instructions: Preheat oven to 375°F. Spray a 10 x 10 casserole dish with cooking spray. In a medium bowl, gently stir oats, brown sugar, baking powder, cinnamon, chocolate chips, strawberries, blueberries and banana. Spread into casserole dish. In a separate bowl, mix together milk, egg, margarine, and vanilla. Pour on top of oatmeal mixture. Bake for 30-35 minutes. Remove casserole and serve. Store leftovers in refrigerator.

Yield: 8 servings

Nutrition Facts (per serving): 250 calories, 10 grams fat, 85 milligrams sodium, 38 grams carbohydrate, 3 grams fiber, 7 grams protein