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[Home](#) > Apple-Berry Baked Oatmeal

Apple-Berry Baked Oatmeal

A double dose of vanilla—in both the yogurt and vanilla extract—makes this easy, baked breakfast dish irresistibly rich and fragrant. Serve at brunch, or cut into slices and pack for breakfast, to eat warm or cold. If you prefer, use other frozen fruit like sliced peaches or pitted cherries instead of berries.



Ingredients:

- Canola oil cooking spray
- 2 cups frozen mixed berries
- 2 cups rolled oats

- 1/2 cup chopped pecans
- 1 teaspoon baking powder
- 1/2 teaspoon fine sea salt
- 1 organic apple, peeled, cored and grated (about 1 cup)
- 1 cup 2% reduced-fat milk
- 1/2 cup nonfat vanilla yogurt
- 1/3 cup maple syrup
- 2 teaspoons vanilla extract
- 1 egg plus 1 egg yolk

Method:

Preheat oven to 375°F. Oil a (9-inch) pie pan with cooking spray; set aside. In a large bowl, stir together berries, oats, pecans, baking powder, salt and apple. In a medium bowl, whisk together milk, yogurt, syrup, vanilla, egg and yolk; stir into oat mixture. Transfer to prepared pan and bake until firm and golden brown on top, about 50 minutes. Cut into slices and serve.

Nutritional Info:

Per Serving: 240 calories (70 from fat), 8g total fat, 1g saturated fat, 50mg cholesterol, 220mg sodium, 35g carbohydrate (4g dietary fiber, 19g sugar), 7g protein

Special Diets:

- [Vegetarian](#) ^[1]

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#). ^[2]

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