

Baked Oatmeal (Vegan, Soy-Free, Wheat-Free)

This recipe was altered from Erika Waz's original on Kids Cuisine.

Baked Oatmeal

3 cups rice milk

6 tablespoons packed brown sugar

1 1/2 tablespoons margarine [such as earth balance]

2 teaspoons cinnamon

1 1/2 cups old fashioned rolled oats

2 apples — peeled, cored, and chopped

3/4 cup dried cranberries, raisins, or other berries

3/4 cup chopped walnuts or pecans

- Preheat the oven to 350F degrees.

- Spray a 9-inch square pan with cooking spray.

- In a saucepan, combine the milk, brown sugar, margarine, and cinnamon and heat.

- Meanwhile, combine the oats, chopped apple, cranberries, and nuts; spread evenly into the prepared pan.

- Just before the "milk" mixture begins to boil, pour it evenly over the oatmeal mixture.

- Bake uncovered for 30-35 minutes, or until the liquid has been absorbed and the oatmeal is tender. Serve immediately or cool and place in the fridge for later use.

- Makes 6 servings.