

**LiveWell**

# Oatmeal protein bake with pecans and berries

Yield: 9 servings

**Ingredients:**

Vegetable oil cooking spray  
½ cup roughly chopped pecans  
2 cups old-fashioned oats  
1 ½ cups non-fat dry milk  
1/3 cup packed brown sugar  
1 Tablespoon ground cinnamon  
1 teaspoon baking powder  
¼ teaspoon salt  
2 cups fat-free milk (liquid)  
½ cup applesauce  
2 Tablespoons butter, melted  
2 eggs, beaten  
2 teaspoons vanilla extract  
12 ounces frozen mixed berries  
1 cup fat-free vanilla Greek yogurt

**Directions:**

1. Preheat oven to 375° F. Spray a 9-inch square baking pan with vegetable oil cooking spray.
2. Add nuts to a rimmed baking sheet and toast for 4-5 minutes, until fragrant.
3. In a large mixing bowl, combine the toasted nuts, oats, non-fat dry milk, brown sugar, cinnamon, baking powder and salt.
4. In a medium bowl, combine the fluid milk, applesauce, butter, eggs and vanilla extract. Add the milk mixture to oat mixture and stir well. Stir in the mixed frozen fruit.
5. Add mixture to the 9-inch baking dish. Place in oven and bake for 35-40 minutes until oatmeal surface is golden.
6. Remove from oven and top each serving with a dollop of Greek yogurt.

**Nutrition information per serving:**

Calories: 284

Fat: 9 grams

Saturated fat: 1 gram

Cholesterol: 49 mg

Sodium: 191 mg

Carbohydrates: 39 grams

Fiber: 4 grams

Protein: 14 grams

Food exchanges:

1 carbohydrate, 1 fruit, 1  
milk, 1 protein, 1 fat