

Citrus Baked Oatmeal Bars

This make ahead oatmeal option is packed with fall flavor and a fresh citrus pop!

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 cups	Old Fashioned Oats (not quick oats)
1/2 cup	Sliced Almonds, <u>divided</u>
1 1/2 tsp	Cinnamon, ground
1 tsp	Baking Powder
1/2 tsp	Kosher Salt
1 cup	Low-Fat Milk, 1%
2 large	Eggs
1/4 cup	Honey
1 1/2 Tbsp	Canola Oil
2 tsp	Vanilla Extract
1 each	Orange, any variety, zested and juiced (Satsuma, Cara-Cara, Valencia, Blood Orange, etc.)
1 cup	Pumpkin puree, canned (not pie filling)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Spray a 9"x9" baking dish with a nonstick cooking spray.
2. In a mixing bowl, combine the oats, 1/3 cup of the almonds, cinnamon, baking powder, and salt. In a separate bowl, whisk the milk, egg, honey, canola oil, vanilla extract, orange zest and juice, and pumpkin.
3. Add the oat mixture to the wet ingredients and gently fold until all oats are covered. Transfer the mixture to baking dish.
4. Top with the remaining 2 tablespoon almonds and bake for 25 minutes, until the oat mixture is set and the top is lightly browned.
6. Cut into six squares and serve warm.



CHEF'S NOTES

Try adding different seasonal fruits to the recipe such as apples, peaches, or strawberries.

Citrus fruits are a great source of Vitamin C and fiber. Their flavor pairs very well with the cinnamon in this dish!

Store leftovers in the refrigerator and reheat in the microwave for 30 seconds for a quick, warm breakfast or snack.

Nutrition Facts

6 servings per container

Serving Size (180 g)

Amount per serving

Calories 300

% Daily Value *

Total Fat 13g 16%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 65mg 21%

Sodium 280mg 12%

Total Carbohydrate 41g 15%

Dietary Fiber 6g 21%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 9g 19%

Vitamin D 0.83mcg 4%

Calcium 100mg 8%

Iron 2mg 11%

Potassium 300mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

