

INGREDIENTS:

- 2 large eggs*
- 1/2 cup (120ml) pure maple syrup*
- 1/4 cup (4 Tbsp; 56g) unsalted butter, melted and slightly cooled*
- 1/4 cup (60g) unsweetened applesauce or mashed banana
- 3 cups (255g) old-fashioned whole rolled oats*
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon salt
- 1 and 1/2 cups (225g) fresh or frozen mixed berries, (do not thaw & see note)
- optional for topping: 1/2 cup chopped walnuts or pecans

DIRECTIONS:

1. Adjust the oven rack to the lower third position and preheat the oven to 350°F (177°C). Spray a 9×9 inch or 11×7 inch baking pan with nonstick spray. Any similar size or shape pan works, though 8×8 inch would be too small. See recipe note for 9×13 inch pan.
2. Whisk all of the ingredients together in 1 large bowl. Pour into prepared baking pan. Top with nuts, if desired. (Or stir into the oatmeal.) Bake for 35 minutes or until the center appears **almost** set, which gives us a soft oatmeal. For drier and more solid baked oatmeal, bake until center has set.
3. Cool for 5 minutes before serving. Spoon or slice and serve with yogurt, if desired. Cover leftovers tightly and refrigerate for up to 1 week.