Baked Apple Oatmeal Casserole

**Ingredients:**
- Non stick cooking spray
- 2 apples
- 2 cups rolled oats
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 1/2 cup raisins
- 2 tablespoons brown sugar
- 1 egg
- 2 cups skim milk
- 1 tablespoon reduced-calorie margarine
- 1 teaspoon vanilla extract

**Equipment:**
- 9 x 9 baking dish
- Grater
- Small saucepan
- Medium mixing bowl
- Small mixing bowl
- Spatula
- Measuring cups
- Measuring spoons

**Directions**
1. Preheat oven to 350ºF. Spray a 9 x 9 dish with non-stick cooking spray. Using a grater, shred apples down to the core. Set aside.
2. Mix oats, baking powder, cinnamon, raisins and brown sugar in a medium size mixing bowl. Set aside. Add shredded apples to mixture, stir.
3. Melt margarine. Crack egg into a cup and check for shells and freshness. Pour into a separate bowl and stir to blend white and yolk. Stir in milk, melted margarine and vanilla to bowl with egg and margarine. Pour milk mixture into oats and apple mixture and stir well.
4. Pour mixture into baking dish. Bake at 350ºF for 30 minutes or until knife inserted in middle comes out clean.

**Nutrition Facts**
- Serving Size: 1 bar
- Servings: 6
- Calories: 233
- Calories from Fat: 36
- Total Fat: 4g (6%)
- Saturated Fat: 1g (4%)
- Cholesterol: 37mg (12%)
- Sodium: 102mg (7%)
- Total Carbohydrate: 43g (14%)
- Dietary Fiber: 5g (21%)
- Protein: 9g (17%)
- Vitamin A: 7%
- Vitamin C: 7%
- Iron: 12%
- Calcium: 19%

*Percent Daily Values are based on a 2,000 calorie diet.*

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