

## BAKED OATMEAL

2 cups oatmeal  
1 1/2 tsp. baking powder  
1 cup skim milk  
1/4 cup egg whites or egg substitute  
1/2 cup unsweetened applesauce  
1/2 cup Splenda  
1 ripe banana  
1 T. cinnamon  
1 t vanilla extract

Mix Oatmeal and baking powder. Add remaining ingredients and mix well. Pour in sprayed 9" pie pan or casserole dish or sprayed muffin tins. Bake at 350 degrees check after 25 minutes...done when brown on the top.

6 servings, 3 POINTS each (or 12 muffins, 1.5 points each) or all CORE