

# Low-Point Oatmeal Casserole

Ingredients:

- 2 cups rolled oats
- 1/3 cup brown sugar
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup chopped pecans
- 1 cup fresh raspberries (any berries will work)
- 1/2 cup milk chocolate chips
- 2 cups 1% milk
- 1 egg
- 3 Tbs butter, melted (I used Imperial)
- 1 Tbs vanilla extract
- 1 ripe banana, cut into slices

Preheat oven to 375 degrees. Generously spray a 10 1/2 inch by 7 inch baking dish with cooking spray. In a large bowl, mix together the oats, brown sugar, baking powder, cinnamon, salt, pecans and half of the fresh berries. (Save the other 1/2 cup of fresh fruit for the top of the casserole). In another bowl, whisk together milk, egg, butter, and vanilla.

Add the oat mixture to the baking dish. Arrange the remaining 1/2 cup of fresh fruit on top and add the banana slices. Pour the milk mixture over everything, gently shaking the baking dish to help the milk mixture go throughout the oats.

Bake 35 to 40 minutes or until the top is a nice golden brown and the milk mixture has set. For an extra tasty top, sprinkle with a tablespoon of extra brown sugar. Enjoy!

Total servings - 6

Serving size - 1

Points per serving - 8.5

Points plus per serving - 9.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Start where you are. Use what you have. Do what you can."  
- Arthur Ashe***