

Baked Oatmeal Brulee

2 cups Quick oats or 2 1/4 cups old fashioned oats, uncooked
1/3 cup granulated sugar
3 1/3 cups fat-free (skim) milk
1/2 cup liquid egg substitute with yolk or 2 eggs, lightly beaten
2 teaspoons vanilla
1/3 cup firmly packed brown sugar

Heat oven to 350 degrees F. Spray 8-inch square glass baking dish with nonstick cooking spray.

Combine oats, granulated sugar and salt, if desired, in large bowl. Combine milk, egg substitute and vanilla in medium bowl; mix well. Add to oat mixture; mix well. Pour into baking dish.

Bake 40 to 45 minutes or until center jiggles slightly. Remove from oven to wire rack. Sprinkle brown sugar evenly over top of oatmeal. Using back of spoon, gently spread into thin layer across entire surface of oatmeal. Return to oven' bake just until brown sugar melts, about 2 to 3 minutes.

Set oven to broil. Broil 3 inches from heat until brown sugar bubbles and browns slightly, 1 to 2 minutes. (Watch carefully to prevent burning. It may be necessary to turn baking dish.) Spoon into bowls to serve.

Makes 8 servings

