



Blueberry Strawberry Oatmeal Bake



1/6th of recipe (1/6th of bake with about 1/4 cup topping): 248 calories, 4.5g total fat (0.5g sat. fat), 336mg sodium, 39.5g carbs, 7g fiber, 8.5g sugars, 13g protein

Prep: 15 minutes **Cook:** 35 minutes

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Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1/4 tsp. salt
5 packets no-calorie sweetener (like Truvia)
1 1/2 tsp. cinnamon
1 1/2 cups unsweetened vanilla almond milk
1/2 cup unsweetened applesauce
1/2 cup egg whites or fat-free liquid egg substitute
2 tsp. vanilla extract
1 cup blueberries
1 cup sliced strawberries
1 cup fat-free plain Greek yogurt

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine oats, chia seeds, baking powder, salt, 4 sweetener packets, and 1 tsp. cinnamon. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg whites/substitute, and 1 1/2 tsp. vanilla extract. Mix until uniform.

Add mixture in the medium-large bowl to the large bowl. Stir until uniform.

Gently fold in 1/2 cup each blueberries and strawberries.

Transfer the mixture to the baking pan, and smooth out the surface.

Bake until top is light golden brown and entire dish is cooked through, about 35 minutes.

Meanwhile, in a medium bowl, combine yogurt with remaining 1 sweetener packet, 1/2 tsp. cinnamon, and 1/2 tsp. vanilla extract. Mix well. Fold in remaining 1/2 cup each blueberries and strawberries. Cover and refrigerate.

Just before serving, top each piece of the oatmeal bake with 1/6th of the yogurt mixture, about 1/4 cup.

MAKES 6 SERVINGS

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