



## Peanut Butter Blender Bread



1/8th of recipe (1 slice): 168 calories, 7.5g total fat (1g sat. fat), 245mg sodium, 22g carbs, 3.5g fiber, 1.5g sugars, 8.5g protein

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**Prep:** 10 minutes    **Cook:** 50 minutes



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### Ingredients

2 cups old-fashioned oats  
1 1/4 cups unsweetened vanilla almond milk  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/3 cup creamy peanut butter  
1/4 cup [powdered peanut butter](#)  
3 tbsp. Truvia spoonable no-calorie sweetener (or another calorie-free sweetener that's twice as sweet as sugar)  
2 tsp. baking powder  
1/2 tsp. vanilla extract  
1/2 tsp. cinnamon  
1/8 tsp. salt  
Optional topping: low-sugar jelly or preserves

### Directions

Preheat oven to 350 degrees. Spray a 9" X 5" loaf pan with nonstick spray.

Place oats in a blender, and pulse to the consistency of coarse flour.

Add all remaining ingredients. Blend at high speed until smooth and uniform, stopping and stirring if needed.

Transfer batter to the loaf pan, and smooth out the surface. Bake until a toothpick inserted into the center comes out clean, about 50 minutes.

#### MAKES 8 SERVINGS

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