



Peanut Butter Chocolate Oatmeal Bake



1/6th of pan: 267 calories, 8g total fat (2g sat. fat), 350mg sodium, 39g carbs, 7g fiber, 7.5g sugars, 11g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

3 cups old-fashioned oats
3 tbsp. [powdered peanut butter](#) or defatted peanut flour
1 1/2 tbsp. chia seeds
4 no-calorie sweetener packets (like Truvia)
2 tsp. cinnamon
2 tsp. baking powder
1/4 tsp. salt
1 1/2 cups unsweetened vanilla almond milk
1/2 cup unsweetened applesauce
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 tbsp. creamy peanut butter
2 tsp. vanilla extract
3 tbsp. mini semi-sweet chocolate chips

Directions

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

In a large bowl, combine oats, powdered peanut butter/flour, chia seeds, sweetener, cinnamon, baking powder, and salt. Mix well.

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

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

Gently fold in 1 1/2 tbsp. chocolate chips. Transfer the mixture to the baking pan, and smooth out the surface.

Evenly top with remaining 1 1/2 tbsp. chocolate chips, and lightly press into the batter.

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

MAKES 6 SERVINGS

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