



Pecan Pie Oatmeal Bake



1/6th of recipe: 265 calories, 8g total fat (0.5g sat. fat), 380mg sodium, 40g carbs, 7g fiber, 9g sugars, 8.5g protein

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



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Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
3 packets natural no-calorie sweetener (like Truvia)
2 tsp. baking powder
1/4 tsp. salt
1 tbsp. cinnamon
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
2 tsp. vanilla extract
1 tsp. maple extract
1/4 cup plus 2 tbsp. lite pancake syrup
1 oz. (about 1/4 cup) chopped pecans

Directions

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

In a large bowl, combine oats, chia seeds, sweetener, baking powder, salt, and 2 1/2 tsp. cinnamon. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg, vanilla extract, maple extract, and 1/4 cup syrup. Mix until uniform.

Add contents of the medium-large bowl to the large bowl, and mix until uniform.

Fold in 1/2 oz. (about 2 tbsp.) pecans. 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 small bowl, mix remaining 2 tbsp. syrup with remaining 1/2 tsp. cinnamon.

Drizzle syrup mixture over oat bake and top with remaining 1/2 oz. (about 2 tbsp.) pecans.

MAKES 6 SERVINGS

HG Tip: For extra flavor, toast your pecans! Bring a skillet to medium heat, and cook and stir pecans until fragrant and lightly browned, about 3 minutes.

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