



Apple Cinnamon Oatmeal Bake



1/6 of recipe: 214 calories, 4.5g total fat (0.5g sat. fat), 336mg sodium, 36g carbs, 7g fiber, 5.5g total sugars, 8.5g protein

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



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Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
4 packets natural no-calorie sweetener
2 tsp. baking powder
2 tsp. cinnamon
1 tsp. pumpkin pie spice
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
2 tsp. vanilla extract
1 cup finely chopped Fuji or Gala apple

Directions

Preheat oven to 350°F. Spray an 8"×8" baking pan with nonstick spray.

In a large bowl, combine oats, chia seeds, sweetener, baking powder, cinnamon, pumpkin pie spice, and salt. Mix well.

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

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

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

Bake until light golden brown and cooked through, about 35 minutes.

MAKES 6 SERVINGS

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