



Apple Cranberry Oatmeal Bake



1/6 of recipe: 235 calories, 4.5g total fat (0.5g sat. fat), 338mg sodium, 49g carbs, 7g fiber, 10g sugars, 8.5g protein

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



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Ingredients

3 cups old-fashioned oats
1/4 cup natural no-calorie sweetener that measures like sugar
1 1/2 tbsp. chia seeds
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 Granny Smith apple
1/3 cup sweetened dried cranberries, chopped, divided
Optional toppings: natural sugar-free pancake syrup, powdered sugar

Directions

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

In a large bowl, combine oats, sweetener, chia seeds, baking powder, cinnamon, pumpkin pie spice, and salt. Mix well. Add milk, applesauce, egg whites/substitute, and vanilla extract. Stir until uniform.

Fold in apple and half of the cranberries. Transfer mixture to the baking pan, and smooth out the surface.

Top with remaining cranberries, and lightly press to adhere. Bake until light golden brown and cooked through, about 35 minutes.

MAKES 6 SERVINGS

HG Tip: To freeze, let cool completely. Tightly wrap each cooled serving in plastic wrap, and store the wrapped pieces in a sealable container. To thaw, unwrap and microwave for 1 1/2 minutes (or until it reaches your desired temperature).

Wanna see just how easy this is to make? [Click to watch!](#)

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