



Banana Split Oatmeal Bakes



1/6 of recipe (1 oatmeal bake): 270 calories, 6.5g total fat (2g sat. fat), 338mg sodium, 49g carbs, 7.5g fiber, 11g sugars, 9g protein

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



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Ingredients

3 cups old-fashioned oats
2 tbsp. [natural no-calorie sweetener that measures like sugar](#)
1 1/2 tbsp. chia seeds
2 tsp. baking powder
2 tsp. cinnamon
1/4 tsp. salt
1 1/2 cups unsweetened vanilla almond milk
1 cup (about 2 medium) mashed extra-ripe bananas
1/2 cup (about 4 large) egg whites or liquid egg substitute
2 tsp. vanilla extract
1/2 cup chopped [freeze-dried strawberries](#), divided
3 tbsp. mini semisweet chocolate chips, divided
Optional topping: whipped topping

Directions

Preheat oven to 350°F. Spray a [6-cavity mini loaf pan](#) with nonstick spray.

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

Fold in 1/4 cup freeze-dried strawberries and 1 1/2 tbsp. chocolate chips. Evenly distribute mixture into the pan, and smooth out the surfaces.

Top with remaining 1/4 cup freeze-dried strawberries and 1 1/2 tbsp. chocolate chips, and lightly press to adhere. Bake until light golden brown and cooked through, about 35 minutes.

MAKES 6 SERVINGS

HG Alternative: Don't have a mini loaf pan? Get one below! In the meantime, you can make this recipe in an 8" X 8" baking pan.

Freeze & Eat: 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).

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