



Carrot Cake Oatmeal Bake



1/6th of pan (about 4" X 2 1/2"): 249 calories, 4.5g total fat (0.5g sat. fat), 357mg sodium, 42g carbs, 7g fiber, 10g sugars, 10.5g protein

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



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Ingredients

3 cups old-fashioned oats
3 tbsp. plain protein powder with about 100 calories per serving
5 no-calorie sweetener packets (like Truvia)
1 1/2 tbsp. chia seeds
1 tbsp. cinnamon
2 tsp. baking powder
1/2 tsp. nutmeg
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
2 tsp. vanilla extract
1 cup shredded carrots, finely chopped
1/2 cup canned crushed pineapple packed in juice, lightly drained
3 tbsp. raisins, chopped

Directions

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

In a large bowl, combine oats, protein powder, sweetener, chia seeds, cinnamon, baking powder, nutmeg, 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 chopped carrots, lightly drained pineapple, and chopped raisins.

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.

MAKES 6 SERVINGS

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