



## Cherry Pie Oatmeal Bake



1/6th of pan: 241 calories, 6g total fat (0.5g sat. fat), 336mg sodium, 37.5g carbs, 7g fiber, 6.5g sugars, 9.5g protein

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



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### Ingredients

3 cups old-fashioned oats  
5 natural no-calorie sweetener packets (like Truvia)  
1 1/2 tbsp. chia seeds  
2 tsp. cinnamon  
2 tsp. baking powder  
1/4 tsp. salt  
1 1/2 cups unsweetened vanilla almond milk  
1/2 cup unsweetened applesauce  
1/2 cup egg whites (about 4 large eggs' worth)  
2 tsp. vanilla extract  
1/4 tsp. almond extract  
1 cup frozen unsweetened pitted dark sweet cherries, thawed, drained, chopped  
3/4 oz. (about 3 tbsp.) sliced almonds

### Directions

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

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

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

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

Gently fold in cherries. Transfer mixture to the baking pan, and smooth out the surface.

Top with almonds, and lightly press them into the mixture.

Bake until top is light golden brown and entire dish is cooked through, about 35 minutes.

#### MAKES 6 SERVINGS

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