



Choco-Nana Oat Bake



1/6 of recipe: 262 calories, 6.5g total fat (2g sat. fat), 338mg sodium, 43.5g carbs, 7g fiber, 9.5g sugars, 9g protein

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Prep: 10 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
1 1/4 tsp. ground 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) egg whites or liquid egg substitute
2 tsp. vanilla extract
3 tbsp. mini semi-sweet chocolate chips, divided

Directions

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

In a large bowl, mix oats, chia seeds, sweetener, baking powder, cinnamon, and salt.

In a medium-large bowl, thoroughly mix milk, bananas, egg whites/substitute, and vanilla extract.

Add banana mixture to the oat mixture. Mix until uniform. Stir in 1 1/2 tbsp. chocolate chips.

Transfer to the baking pan, and smooth out the surface. Top with the remaining 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! Use a [6-cavity mini loaf pan](#) to bake up perfect portions that require no slicing. Same temperature and cook time as the original recipe!

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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