



Chocolate Coconut Oatmeal Bake



1/6th of recipe: 271 calories, 9.5g total fat (4g sat. fat), 339mg sodium, 38.5g carbs, 7g fiber, 7g sugars, 9.5g protein

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

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Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
5 packets natural no-calorie sweetener (like Truvia)
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 (about 4 large) egg whites or fat-free liquid egg substitute
3/4 tsp. coconut extract
1/4 tsp. almond extract
1/4 cup roughly chopped unsweetened shredded coconut
3 tbsp. mini semisweet chocolate chips
1/2 oz. (about 2 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, chia seeds, sweetener, cinnamon, baking powder, and salt. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg, and both kinds of extract. Mix until uniform.

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

Fold in shredded coconut and 1 1/2 tbsp. chocolate chips.

Transfer the mixture to the baking pan, and smooth out the surface.

Top with almonds and remaining 1 1/2 tbsp. chocolate chips. Lightly press to adhere.

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

MAKES 6 SERVINGS

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