



Fruity Oatmeal Bakes



1/6 of recipe: 252 calories, 6g total fat (0.5g sat. fat), 333mg sodium, 49g carbs, 7g fiber, 10g sugars, 9.5g protein

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



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Ingredients

3 cups old-fashioned oats
1/4 cup natural no-calorie granular sweetener that measures like sugar
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1 1/2 tsp. cinnamon
1/4 tsp. salt
1 1/4 cups unsweetened vanilla almond milk
1/2 cup unsweetened applesauce
1/2 cup (about 4 large) egg whites or liquid egg substitute
1 tsp. vanilla extract
1/4 tsp. almond extract
1 cup canned fruit cocktail in juice, not drained
3/4 oz. (about 3 tbsp.) sliced almonds
Optional toppings: natural sugar-free pancake syrup, powdered sugar

Directions

Preheat oven to 350°F. Spray [a 6-cavity mini loaf pan](#) (or an 8" X 8" pan) with nonstick spray.

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

Gently fold in fruit cocktail and juice. Evenly distribute mixture into the pan, and smooth out the surfaces.

Top with almonds, and lightly press to adhere.

Bake until light golden brown and cooked through, about 35 minutes.

MAKES 6 SERVINGS

HG Tip: 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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