



Maple Bacon Oatmeal Bake



1/6th of recipe: 242 calories, 5g total fat (1g sat. fat), 428mg sodium, 39.5g carbs, 6g fiber, 9g sugars, 9.5g protein

Prep: 10 minutes **Cook:** 40 minutes

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Ingredients

- 2 slices center-cut bacon or turkey bacon
- 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
- 1/4 cup plus 2 tbsp. lite pancake syrup
- 2 tsp. maple extract
- 1 tsp. vanilla extract

Directions

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

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

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, 1/4 cup syrup, and both kinds of extract. Mix until uniform.

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

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

Chop or crumble bacon. Sprinkle over oat bake, lightly pressing to adhere.

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

Drizzle with remaining 2 tbsp. syrup.

MAKES 6 SERVINGS

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