



Pecan Pie Oatmeal Bake



1/6th of recipe: 265 calories, 8g total fat (0.5g sat. fat), 380mg sodium, 40g carbs, 7g fiber, 9g sugars, 8.5g protein

[Click for WW Points® value*](#)

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



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
3 packets natural no-calorie sweetener (like Truvia)
2 tsp. baking powder
1/4 tsp. salt
1 tbsp. cinnamon
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
2 tsp. vanilla extract
1 tsp. maple extract
1/4 cup plus 2 tbsp. lite pancake syrup
1 oz. (about 1/4 cup) chopped pecans

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, baking powder, salt, and 2 1/2 tsp. cinnamon. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg, vanilla extract, maple extract, and 1/4 cup syrup. Mix until uniform.

Add contents of the medium-large bowl to the large bowl, and mix until uniform.

Fold in 1/2 oz. (about 2 tbsp.) pecans. Transfer the mixture to the baking pan, and smooth out the surface.

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

Meanwhile, in a small bowl, mix remaining 2 tbsp. syrup with remaining 1/2 tsp. cinnamon.

Drizzle syrup mixture over oat bake and top with remaining 1/2 oz. (about 2 tbsp.) pecans.

MAKES 6 SERVINGS

HG Tip: For extra flavor, toast your pecans! Bring a skillet to medium heat, and cook and stir pecans until fragrant and lightly browned, about 3 minutes.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: December 12, 2018

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.