



Pumpkin Spice Oatmeal Bakes



1/6 of recipe (1 oatmeal bake): 240 calories, 6g total fat (1g sat. fat), 340mg sodium, 48g carbs, 7g fiber, 6.5g sugars, 10g protein

[Click for WW Points® value*](#)

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



More: [Breakfast Recipes](#), [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

3 cups old-fashioned oats
1/3 cup natural no-calorie sweetener that measures like sugar
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1 1/2 tsp. cinnamon
1 tsp. pumpkin pie spice
1/4 tsp. salt
1 1/2 cups unsweetened vanilla almond milk
1/2 cup (about 4 large) egg whites or liquid egg substitute
1/2 cup canned pure pumpkin
2 tsp. vanilla extract
1/4 cup raisins, chopped, divided
3/4 oz. (about 3 tbsp.) [roasted and unsalted pepitas/shelled pumpkin seeds](#), divided

Directions

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

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

Gently fold in half of the chopped raisins (about 2 tbsp.) and half of the pepitas (about 1 1/2 tbsp.). Evenly distribute mixture into the pan, and smooth out the surfaces.

Top with remaining chopped raisins and pepitas. 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).

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

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.

