



Raspberry Chocolate Chip Oat Bake



1/6th of recipe: 249 calories, 6.5g total fat (2g sat. fat), 338mg sodium, 39.5g carbs, 7.5g fiber, 8g sugars, 9g protein

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



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Ingredients

- 3 cups old-fashioned oats
- 5 packets no-calorie sweetener (like Truvia)
- 1 1/2 tbsp. chia seeds
- 2 tsp. baking powder
- 1 1/2 tsp. cinnamon
- 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
- 2 tsp. vanilla extract
- 1 cup raspberries
- 3 tbsp. mini semi-sweet chocolate chips

Directions

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

In a large bowl, combine oats, sweetener, chia seeds, baking powder, cinnamon, and salt. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg whites/substitute, and vanilla extract. Mix until uniform.

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

Gently fold in raspberries and 1 1/2 tbsp. chocolate chips.

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

Top with remaining 1 1/2 tbsp. chocolate chips, and 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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