



Simple Oatmeal Bake



1/6th of recipe: 205 calories, 4.5g total fat (0.5g sat. fat), 338mg sodium, 33g carbs, 6g fiber, 3g sugars, 8.5g protein

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



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Ingredients

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
2 tsp. vanilla extract

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, cinnamon, baking powder, and salt. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg, and vanilla 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.

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

MAKES 6 SERVINGS

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