



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 1*

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



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

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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