



Spiced Peach Oatmeal Bakes



1/6 of recipe: 213 calories, 4.5g total fat (0.5g sat. fat), 338mg sodium, 45.5g carbs, 6.5g fiber, 5g sugars, 8.5g protein

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



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Ingredients

3 cups old-fashioned oats
1/3 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. ground ginger
1/2 tsp. ground nutmeg
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
1 1/2 tsp. vanilla extract
1/2 tsp. almond extract
1 cup chopped peaches (fresh or thawed from frozen)
Optional toppings: natural sugar-free pancake syrup, powdered sugar

Directions

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

In a large bowl, combine oats, sweetener, chia seeds, baking powder, and seasonings. Mix well. Add all remaining ingredients except peaches. Stir until uniform.

Gently fold in peaches. Evenly distribute mixture into the pan, and smooth out the surfaces.

Bake until light golden brown and cooked through, about 35 minutes.

MAKES 6 SERVINGS

Oven Alternative: Use an 8"x8" baking pan, and cook for approximately 35 minutes.

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).

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