



Tropical Oatmeal Bakes



1/6 of recipe (1 oatmeal bake): 242 calories, 6g total fat (2g sat. fat), 338mg sodium, 48g carbs, 7g fiber, 8.5g sugars, 9g protein

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



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Ingredients

3 cups old-fashioned oats
1/4 cup natural no-calorie sweetener that measures like sugar
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1 1/2 tsp. cinnamon
1/4 tsp. salt
1 1/2 cups unsweetened vanilla almond milk
1/2 cup (about 1 medium) mashed extra-ripe banana
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 tsp. coconut extract
1 cup chopped mango (fresh or thawed from frozen)
3 tbsp. unsweetened shredded coconut, divided
Optional toppings: natural sugar-free pancake syrup, powdered sugar

Directions

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

In a large bowl, combine oats, sweetener, chia seeds, baking powder, cinnamon, and salt. Mix well. Add almond milk, banana, egg whites/substitute, and coconut extract. Stir until uniform.

Gently fold in mango and 1 1/2 tbsp. coconut. Evenly distribute mixture into the pan, and smooth out the surfaces.

Top with remaining 1 1/2 tbsp. coconut. 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).

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