



## PB&J Oatmeal Bake



1/6th of recipe: 263 calories, 7g total fat (1g sat. fat), 360mg sodium, 39g carbs, 7.5g fiber, 6.5g sugars, 11.5g protein

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



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### Ingredients

3 cups old-fashioned oats  
1/4 cup powdered peanut butter  
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  
1 1/2 tbsp. creamy peanut butter  
2 tsp. vanilla extract  
1 cup chopped freeze-dried strawberries

### Directions

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

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

In a medium-large bowl, combine almond milk, applesauce, egg, creamy peanut butter, and vanilla extract. Mix until uniform.

Add mixture in the medium-large bowl to the large bowl. Stir until uniform. Gently fold in 3/4 cup freeze-dried strawberries.

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

Top with remaining 1/4 cup freeze-dried strawberries, lightly pressing 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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