

Apple Pie Baked Oatmeal

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Serves 1

Blue – 4

Purple – 0

Green – 4

Oatmeal

- 1/2 cup rolled oats
- 1/4 tsp pure vanilla extract
- 1 tsp apple pie spice (or a combination of cinnamon, nutmeg and pinch of cloves)
- 1 Tbsp granulated monkfruit sweetener OR zero calorie brown sugar substitute (I use Sukrin Gold or Swerve)
- 1/4 cup unsweetened applesauce
- 1/4 cup unsweetened almond milk
- pinch salt
- 1/2 apple, chopped (or 2 tablespoons crock pot apples - see recipe under desserts)
- Optional: Raisins, nuts, brown sugar (for top), add points accordingly

Glaze

- 2 Tbsp no calorie powdered sugar
- 1/4 tsp pure vanilla extract
- almond milk (optional)

Oatmeal

1. Preheat oven to 375.
2. Combine oats, vanilla, spices apples, sugar, applesauce and milk
3. Pour into a mini loaf pan or 1 cup ramekin that has been sprayed with non stick spray
4. Cook about 18-20 minutes or until it's firm

Glaze

1. In a small bowl, mix vanilla and powdered sugar.
2. If too thick, add almond milk, 1/4 tsp at a time
3. Glaze oatmeal.