

Cinnamon Roll Baked Oatmeal

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Serves 1

Blue – 5

Purple – 1

Green – 5

Oatmeal

- 1/2 cup rolled oats
- 1/4 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1 Tbsp monkfruit sweetener
- 1/4 cup unsweetened applesauce
- 1/4 cup unsweetened almond milk
- pinch salt
- Optional: Raisins, nuts, brown sugar (for top), add points accordingly

Frosting (optional)

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

1. Preheat oven to 375.

2. Combine oats, vanilla, cinnamon, 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 for 15-20 minutes or until it's firm
5. Set your oven to "high broil" and broil for 2-3 minutes – don't take your eyes off of it!

Cream Cheese Frosting (optional)

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