

Hummingbird Cake Baked Oatmeal

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Serves 1 – easily doubled, tripled, etc

Blue – 6 points with nuts and glaze

Purple – 2 points with nuts and glaze

Green – 6 points with nuts and glaze

Oatmeal

- 1/2 cup oats (quick cook or old fashioned)
- 1/4 tsp vanilla
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/2 ripe banana
- 1/4 cup almond milk
- pinch salt
- 3 Tbsp crushed pineapple, drained
- 1 1/2 tsp pecans, chopped

Glaze

- 1 Tbsp no calorie powdered sugar
- 1 Tbsp whipped cream cheese
- 1/4 tsp pure vanilla extract

Oatmeal

1. Preheat oven to 375.
2. Mash banana. Add oats, vanilla, sugar, salt and pineapple.
3. Stir in almond milk
4. Pour into a mini loaf pan or 1 cup ramekin that has been sprayed with non stick spray
5. Sprinkle with pecans
6. Cook about 18-20 minutes or until it's firm

Glaze

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