

# Peachy Baked Oatmeal

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Serves 1 \*\*\*if you use unsweetened almond milk, the points would reduce by 1 on each plan\*\*\*

Blue – 5

Purple – 1

Green – 5

### Oatmeal

- 1/2 cup rolled oats
- 1/4 tsp pure vanilla extract
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon
- 1/8 tsp all spice
- 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 1% milk
- pinch salt
- 1/2 peach (chopped)

### Glaze

- 2 Tbsp no calorie powdered sugar
- 1/4 tsp pure vanilla extract
- 1/4-1/2 tsp juice from peaches to thin glaze if needed

## Oatmeal

1. Preheat oven to 375.
2. Combine oats, vanilla, spices, peaches, 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 peach juice, 1/4 tsp at a time
3. Glaze oatmeal.

Breakfast  
Breakfast  
oatmeal