



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

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

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)



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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

