



Baked Oatmeal Bites

Serves 12



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Ingredients

- 4 cups oats, uncooked
- ½ cup Splenda
- ⅓ cup brown sugar
- ½ tsp. sea salt
- ½ cup fresh fruit
- ½ cup nuts, any variety
- 4 ½ cups skim milk
- 1 cup low cholesterol liquid eggs
- 2 Tbsp. vanilla extract

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, mix oats, Splenda, brown sugar, salt, fruit and nuts. In another bowl, add milk, eggs and vanilla. Stir to combine liquid ingredients. Add the liquid mixture to the dry mixture. Stir to combine.
3. Coat a large muffin pan (6 oz. capacity per muffin) with nonstick cooking spray. Fill each muffin cup with 4 ounces of batter. Cook uncovered for 25-30 minutes to an internal temperature of 165 degrees.
4. Oatmeal can also be made in a 9x13 inch pan. Cook uncovered for 35-40 minutes to an internal temperature of 164 degrees. Once cooled, cut into 12 pieces.
5. Grab and go in the morning.

Nutritional facts per 1 serving (1 piece, 158g):

Calories 220, Total Fat 6g (8%), Saturated Fat 1g (6%), Cholesterol 70mg (25%), Sodium 160mg (8%), Total Carbohydrate 32g (10%), Dietary Fiber 3g (10%), Total Sugars 13g, Protein 10g