



Pumpkin Spice Oatmeal Bakes



1/6 of recipe (1 oatmeal bake): 240 calories, 6g total fat (1g sat. fat), 340mg sodium, 48g carbs, 7g fiber, 6.5g sugars, 10g protein

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WW Points® value 6*

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



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Ingredients

3 cups old-fashioned oats
1/3 cup natural no-calorie sweetener that measures like sugar
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1 1/2 tsp. cinnamon
1 tsp. pumpkin pie spice
1/4 tsp. salt
1 1/2 cups unsweetened vanilla almond milk
1/2 cup (about 4 large) egg whites or liquid egg substitute
1/2 cup canned pure pumpkin
2 tsp. vanilla extract
1/4 cup raisins, chopped, divided
3/4 oz. (about 3 tbsp.) [roasted and unsalted pepitas/shelled pumpkin seeds](#), divided

Directions

Preheat oven to 350°F. Spray a [6-cavity mini loaf pan](#) (or 8" X 8" baking pan) with nonstick spray.

In a large bowl, combine oats, sweetener, chia seeds, baking powder, cinnamon, pumpkin pie spice, and salt. Mix well. Add milk, egg whites/substitute, pumpkin, and vanilla extract. Mix until uniform.

Gently fold in half of the chopped raisins (about 2 tbsp.) and half of the pepitas (about 1 1/2 tbsp.). Evenly distribute mixture into the pan, and smooth out the surfaces.

Top with remaining chopped raisins and pepitas. Lightly press to adhere.

Bake until light golden brown and cooked through, about 35 minutes.

MAKES 6 SERVINGS

HG Tip: To freeze, let cool completely. Tightly wrap each cooled serving in plastic wrap, and store the wrapped pieces in a sealable container. To thaw, unwrap and microwave for 1 1/2 minutes (or until it reaches your desired temperature).

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