



Maple Bacon Oatmeal Bake



1/6th of recipe: 242 calories, 5g total fat (1g sat. fat), 428mg sodium, 39.5g carbs, 6g fiber, 9g sugars, 9.5g protein

Prep: 10 minutes **Cook:** 40 minutes

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



Ingredients

- 2 slices center-cut bacon or turkey bacon
- 3 cups old-fashioned oats
- 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
- 1/4 cup plus 2 tbsp. lite pancake syrup
- 2 tsp. maple extract
- 1 tsp. vanilla extract

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

In a large bowl, combine oats, chia seeds, sweetener, cinnamon, baking powder, and salt. Mix well.

In a medium-large bowl, combine almond milk, applesauce, egg, 1/4 cup syrup, and both kinds of extract. Mix until uniform.

Add mixture in the medium-large bowl to the large bowl. Stir until uniform.

Transfer the mixture to the baking pan, and smooth out the surface.

Chop or crumble bacon. Sprinkle over oat bake, lightly pressing to adhere.

Bake until top is light golden brown and entire dish is cooked through, about 35 minutes.

Drizzle with remaining 2 tbsp. syrup.

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.

Publish Date: January 15, 2019

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.