



## Gingerbread Oatmeal Bake



**Developed by Hungry Girl... Brought to you by [B&G Foods](#) !**

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1/6th of recipe: 224 calories, 3.5g total fat (0.5g sat. fat), 326mg sodium, 44.5g carbs, 5g fiber, 10.5g sugars, 5.5g protein

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**Prep:** 10 minutes    **Cook:** 1 hour

**Cool:** 30 minutes

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### Ingredients

- 1 1/2 cups [McCann's Traditional Steel Cut Irish Oatmeal](#)
- 2 tbsp. spoonable calorie-free sweetener that's twice as sweet as sugar
- 1 1/2 tsp. [Clabber Girl Double Acting Baking Powder](#)
- 1 tsp. [Spice Islands Ground Saigon Cinnamon](#)
- 1 tsp. [Spice Islands Ground Ginger](#)
- 1/4 tsp. [Spice Islands Pumpkin Pie Spice](#)
- 1/4 tsp. salt
- 2 cups unsweetened vanilla almond milk
- 1/2 cup unsweetened applesauce
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 3 tbsp. [Grandma's Molasses](#)
- 2 tsp. [Spice Islands Pure Vanilla Extract](#)
- 2 ginger snaps, crushed
- Optional topping: powdered sugar

### Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray. (We like [the kind by Baker's Joy](#)!)

In a large bowl, combine oatmeal, sweetener, baking powder, and seasonings. Mix well. Add all remaining ingredients *except* ginger snaps. Stir until uniform. Transfer to the baking pan, and smooth out the top.

Cover pan with foil, and bake for 30 minutes.

Remove foil, top with crushed ginger snaps, and lightly press to adhere. Bake until golden brown and cooked through, about 30 more minutes.

Let cool before slicing, at least 30 minutes.

**MAKES 6 SERVINGS**

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