

Easy "Baked" Oatmeal

THM-Friendly: E

In a medium glass bowl, stir together:

- 1/4 cup rolled oats
- 1 tsp, ground flax or golden flax
- 1/4 cup egg whites
- 1 tsp. Super Sweet
- 1/2 cup nut milk
- 1/4 tsp. cinnamon
- 1/2 banana, mashed
- 2 tsp. - 1 Tbsp. sugar-free maple syrup
- 1/2 cup blueberries (or other berries; cranberries are delish!)

Stir your ingredients and microwave for 3 minutes. Stir. Microwave another 2-3 minutes, until the oats are cooked. Garnish with some fat-free whipped topping and a little more syrup, if desired.

enJOY!

~ Oatmeal in the microwave is unpredictable. I would recommend putting a plate under your bowl and/or using an over-sized bowl.

