

Cinnamon Roll Baked Oats

Recipe makes 1 serving

Ingredients

1/2 C Oats
1/3 C Fairlife Fat Free Milk
1/4 C Light Vanilla Greek Yogurt
1 Whole Egg
1 Tbsp Zero Calorie Brown Sugar
1 tsp Cinnamon
1/2 tsp Vanilla Extract
1/2 tsp Baking Powder

Topping:

2 Tbsp Whipped Cream Cheese
2 tsp Zero Calorie Brown Sugar
1/2 tsp Vanilla Extract

Instructions

1. Place all ingredients, except for toppings, into a blender or food processor and blend.
2. Pour mixture into a 10 oz (or larger) ramekin or microwave safe coffee mug. Place in microwave for 60-90 seconds.
3. Mix ingredients for topping and spread on top of cooked oats when done. Enjoy!



Nutrition Profile

- per serving -

Calories - 327

Fat - 12g

Carbohydrates - 34g

Protein - 21g

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Notes

- For your cream cheese frosting, mix the ingredients for the topping in a small bowl. Taste and adjust sweetness to fit your preference prior to adding to your oats.
- This calls for zero calorie brown sugar. If you do not have it, any zero calorie sugar will suffice. If you use regular brown sugar, just be sure to add those calories.
- These can be made the night before and reheated the next day but they definitely taste best when eaten fresh! You can also make the batter the night before and pop it in the microwave in the morning for a quick breakfast.
- Do not be alarmed if you see the oats rising while cooking. This is normal. Once you remove them from the microwave they will slowly sink back down. If you notice they are rising too much, simply stop the microwave for a few seconds then finish cooking until you reach the desired texture.
- You can alternatively cook these in the oven at 350°F for 25-30 minutes.