

HEALTHY CINNAMON ROLL BAKED OATMEAL

Ingredients:

- 2 cups rolled oats
- 1/2 cup granulated sweetener of choice
- 2 tsp baking powder
- 1 T cinnamon
- 1 tsp allspice
- 2 eggs
- 1 cup Milk of choice
- Pinch vanilla extract
- 1/2 cup + 2 T nut butter, coconut oil or butter

Cinnamon Glaze:

- 2-3 T butter, melted
- 1 T granulated sweetener of choice
- Milk to thin out
- Cinnamon for dusting

Directions:

Mix all wet and dry ingredients until fully combined. If mixture is crumbly, add a dash more milk until a thick batter is formed. Transfer to the lined baking dish and form into a rectangular shape and bake at 350 degrees for 35-45 minutes. Prepare glaze while oatmeal is cooking. Allow oatmeal to cool and drizzle with glaze when cool.



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CONTACT KAILAH TODAY FOR ANY DIETARY NEED.

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