

Oatmeal Pumpkin Bake



prep time
5 minutes



total time
30-35 min



servings
4

Ingredients

- 2 cups/180g of oats
~ 6 servings of carb
- 1 can (425g) pumpkin ~ 7 servings
of veggies (using 20% factor)
- 8 eggs ~ 8 servings of protein,
2 2/3 servings of fat
- 1 cup/8 egg whites/257 grams
~ 8 servings of protein
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- 1/4 tsp salt
- 1 tsp vanilla
- 1/4 cup/40g chopped nuts or nut butter
~ 1.5 servings of fat

Instructions

- 1 Preheat oven to 350 degrees
- 2 Add all ingredients to a high speed blender, with eggs and egg whites added in first
- 3 Pour into a 9x13" pan, sprayed with cooking oil to allow it to come out easily
- 4 Bake for 25-30 minutes or until a knife comes out clean. You can use a smaller, deeper dish but you'll have to bake longer for it to be cooked through. You could even make muffins
- 5 Cut into 4 servings!

