

Quick Caramel Apple Baked Oatmeal

THM-Friendly: E

Make a batch of KJ's Sugar-Free Caramel, but leave out the xanthan gum and add half of a diced apple instead. (Add the apples right after the sauce comes to a boil. There are natural pectins in the apple that will help the sauce thicken.)

Meanwhile, mix together in a medium bowl:

- 6 Tbsp. oats
- 1/4 cup nut milk
- 1/4 cup egg whites
- 3 Tbsp. Brown Swerve (or 3 tsp. THM Super Sweet plus 1/2 tsp. molasses)
- 1/2 tsp. vanilla
- 1/2 tsp. cinnamon
- a pinch of mineral salt
- 1/2 tsp. baking powder
- 1 tsp. caramel extract
- 1/2 tsp. apple extract (or vanilla extract)
- 1/2 of an apple, diced

Pour the batter into a large mug or a small bowl. The batter will be very runny. If putting in a mug, set the mug in a bowl in case of overflow. Microwave for 3 minutes (maybe more, depending on your microwave).

Dump your oatmeal out onto a plate and slather with half of the caramel sauce. Squirt with some nonfat whipped topping. Be careful! It's hot!!

enJOY!

