

Apple-Cinnamon Oatmeal Breakfast Bread

WARM • COZY • EASY



SERVES
4

PREP
10 min

BAKE
20-25 min

WW POINTS
3 / loaf

Ingredients

- Cooking spray, 4 sprays
- 2 packets Quaker Lower Sugar Apples & Cinnamon Instant Oatmeal
- 1/3 cup white self-rising flour
- 1 large egg
- 1/4 cup fat-free skim milk
- 1 large Fuji apple, grated on the large holes of a box grater
- 1 1/2 Tbsp crystallized ginger, finely chopped

Directions

- 1 Preheat oven to 350°F. Coat 4 mini loaf pans (about 3 1/2 x 2 inches per compartment) with cooking spray.
- 2 Place oatmeal in a bowl; sift flour over top. In another bowl, whisk egg with milk, then stir into the oat mixture. Add apple and stir to combine.
- 3 Divide evenly among prepared pans and smooth the tops. Sprinkle with crystallized ginger.
- 4 Bake until a tester inserted in the center of a loaf comes out clean, 20-25 minutes.
- 5 Cool slightly in the pans before removing. Serving size: 1 mini loaf.

SERVING TIP

Delicious warm or at room temperature - perfect for an easy grab-and-go breakfast.

Estimated Nutrition per Mini Loaf

170 CAL 5g PROTEIN 34g CARBS 3g FIBER 14g SUGAR 2g FAT 220mg SODIUM

Nutrition is estimated; values vary by brand and apple size. WW Points based on the published WW recipe.