



Air Fryer Baked Oatmeal

Description

Ingredients

- 1 cup of rolled oats. I used organic rolled oats with ancient grains and seeds from Trader Joes
- ½ cup apple sauce. I used unsweetened.
- 1 Tablespoon of sugar or sweetener of choice I used Golden Monk fruit for a keto-friendly sweetener.
- 1 egg large
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- ½ teaspoon baking powder
- 1 teaspoon Cinnamon
- ½ cup blueberries fresh or frozen
- Optional Mix-ins: berries nuts, chocolate chips, etc.

Instructions

- In a large bowl, mix together all the ingredients. No need to mix dry and wet ingredients separately. Just mix until well combined. Add any mix-ins at this point, if desired. I added half a cup of fresh blueberries
- Pour the mixture into a greased air fryer-friendly pan. I used a 9-inch pan, lined with parchment paper.

Press the mixture evenly and into the corners of the pan. It should be approximately ½ inch to ¾ inch thick.

- Preheat your air fryer at 350°F for 5 minutes (air fryer or air crisp setting). Then, bake the oatmeal mixture for 10-13 minutes, or until the edges are golden brown and the center is set.

- Let the oatmeal cool for 5 minutes before cutting and serving. This recipe makes 9 oatmeal squares.

Notes

Use the air fry (air crisp) setting. I love how baking on an air fry setting adds a slight outer crisp to the oatmeal bars, and cooks them faster. If using bake setting, bake for 15-20 minutes at the same temperature, 350F.

You can use a silicone baking dish or parchment paper to keep your bars from sticking to the air fryer basket.

Feel free to experiment with different mix-ins and toppings, like nuts, fruits, or chocolate chips, to add extra flavor and texture to your bars. I love adding coconut flakes or graham cracker crumbs for an added crunch.

You can use two ripe mashed bananas instead of apple sauce.

Sprinkle with powdered sugar or cinnamon sugar, if desired.

Nutrition

Serving: 1pieceCalories: 58kcal Carbohydrates: 9g Protein: 2g Fat: 1g Saturated Fat: 0.3g Polyunsaturated Fat: 0.3g Monounsaturated Fat: 0.4g Trans Fat: 0.002g Cholesterol: 18mg Sodium: 96 mg Potassium: 57mg Fiber: 1g Sugar: 4g Vitamin A: 35IU Vitamin C: 1mg Calcium: 24mg Iron: 1mg

Category

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