



## Apple Growing Oatmeal



[Click here for a video demo](#) !

Entire recipe: 240 calories, 5.5g total fat (0.5g sat. fat), 335mg sodium, 42.5g carbs, 6.5g fiber, 10g sugars, 6.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes    **Cook:** 20 minutes

**Cool:** 5 minutes



More: [Breakfast Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

### Ingredients

1/2 cup old-fashioned oats  
1 - 2 no-calorie sweetener packets (like Truvia)  
Dash salt  
1/4 tsp. cinnamon  
2/3 cup chopped apple  
1/4 tsp. vanilla extract  
1 cup unsweetened vanilla almond milk

### Directions

Combine all ingredients in a nonstick pot. Mix in 1 cup water.

Bring to a boil, and then reduce to a simmer. Cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a bowl, and let cool until thickened, 5 minutes or more.

**MAKES 1 SERVING**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.