



Cinnamon Roll Growing Oatmeal



Entire recipe: 276 calories, 9.5g total fat (3g sat fat), 470mg sodium, 39.5g carbs, 5.5g fiber, 8.5g sugars, 8g protein

Freestyle™ [SmartPoints®](#) value 8*

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

Cool: 10 minutes

Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)



Ingredients

Oatmeal

- 1 cup unsweetened vanilla almond milk
- 1/2 cup old-fashioned oats
- 1/2 tsp. maple extract
- 1/2 tsp. cinnamon
- Dash salt
- 1 packet natural no-calorie sweetener (like Truvia)
- 1/2 tbsp. light/reduced-fat cream cheese

Topping

- 1 tbsp. light/reduced-fat cream cheese
- 1 tbsp. lite pancake syrup
- 1/4 tsp. cinnamon

Directions

In a nonstick pot, combine milk, oats, extract, cinnamon, and salt. Stir in 1 cup water, and bring to a boil.

Reduce to a simmer. Cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl, and stir in sweetener and cream cheese. Let cool until thickened, 5 - 10 minutes.

Meanwhile, in a medium bowl, combine topping ingredients. Whisk until mostly smooth and uniform.

Once cooled, drizzle oats with topping.

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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