



Coffee Growing Oatmeal



Entire recipe: 196 calories, 5.5g total fat (0.5g sat. fat), 333mg sodium, 30.5g carbs, 5g fiber, 1.5g sugars, 6.5g protein

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

Cool: 10 minutes



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Ingredients

8 oz. (1 cup) unsweetened vanilla almond milk
8 oz. (1 cup) brewed coffee
1/2 cup old-fashioned oats
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
Dash salt
1 packet natural no-calorie sweetener (like Truvia)
Optional toppings: cocoa powder, mini semi-sweet chocolate chips

Directions

In a medium nonstick pot, combine all ingredients *except* sweetener.

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 stir in sweetener. Cool until thickened, 5 - 10 minutes.

MAKES 1 SERVING

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