



Peaches 'n Cream Growing Oatmeal



Entire recipe: 326 calories, 6.5g total fat (<0.5g sat. fat), 271mg sodium, 49g carbs, 5.5g fiber, 18.5g sugars, 18.5g protein

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



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Ingredients

1/2 cup old-fashioned oats
1/4 tsp. cinnamon
1/8 tsp. vanilla extract
Dash salt
3/4 cup fat-free milk
1/4 cup chopped peaches (fresh or thawed from frozen; no sugar added)
1 packet no-calorie sweetener (like Truvia)
1/4 cup fat-free peach Greek yogurt
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

In a nonstick pot, combine oats, cinnamon, vanilla extract, and salt.

Add milk and 1 1/4 cups water. Bring to a boil, and then reduce to a simmer.

Add peaches, and cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl, and stir in sweetener. Let cool until thickened.

Top with yogurt and almonds.

MAKES 1 SERVING

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