



Growing Oatmeal Bowl

PER SERVING (entire recipe): 246 calories, 5.5g fat, 337mg sodium, 41.5g carbs, 6.75g fiber, 8.5g sugars, 7.5g protein
-- **PointsPlus™** value 5*

Prep: 10 minutes

Cook: 15 minutes

Ingredients:

1 cup Unsweetened Vanilla Almond Breeze
1/2 cup old-fashioned oats
1/2 small apple, cored and chopped
1/4 tsp. vanilla extract
1/4 tsp. cinnamon
2 no-calorie sweetener packets (like Splenda or Truvia)
Dash salt
Optional toppings: blueberries, additional chopped apple

Directions:

Combine all ingredients in a nonstick pot on the stove. Add 1 cup water and mix well. Bring to a boil, and then reduce to a simmer.

Stirring often, cook until very thick and creamy, 12 - 15 minutes. If you like, top with blueberries and additional chopped apple. Eat!

MAKES 1 SERVING

HG FYI: Since this recipe includes fruit with a **PointsPlus™** value of 0*, we didn't use the recipe method (which counts the carbs from fruit) to calculate its value. If you prefer to use the recipe method, each serving has a **PointsPlus™** value of 6*.



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