



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 1\***

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

**Cool:** 5 minutes

Tagged: [Breakfast Recipes](#), [30 Minutes or Less](#)

### 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

[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.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.