



Apple Growing Oatmeal



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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

Freestyle™ SmartPoints® value 5*

SmartPoints® value 6*

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.