



## Blueberry Muffin Growing Oatmeal



Entire recipe: 270 calories, 7g total fat (1g sat fat), 343mg sodium, 46.5g carbs, 7g fiber, 13.5 sugars, 6.5g protein

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

**Blue Plan (Freestyle™) [SmartPoints](#)® value 6\***

**Purple Plan [SmartPoints](#)® value 2\***

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



More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

1/2 cup old-fashioned oats  
2 tsp. brown sugar (not packed)  
1 tsp. sugar-free French vanilla powdered creamer  
1 no-calorie sweetener packet  
1/4 tsp. almond extract  
1/8 tsp. vanilla extract  
Dash cinnamon  
Dash salt  
1 cup [Unsweetened Vanilla Almond Breeze](#)  
1/2 cup fresh or thawed-from-frozen blueberries (if frozen, drained and blotted dry)

### Directions

In a nonstick pot, combine all ingredients except blueberries. 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.

Stir in blueberries, and transfer to a medium bowl. Let slightly cool and thicken. Enjoy!

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.