



Brownie Batter Oatmeal



Entire recipe: 289 calories, 13g total fat (2.5g sat. fat), 469mg sodium, 39g carbs, 8g fiber, 4g sugars, 9g protein

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

Cool: 10 minutes



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Ingredients

1/2 cup old-fashioned oats
1 1/2 tbsp. unsweetened cocoa powder
1/4 tsp. vanilla extract
1/8 tsp. salt
1 cup unsweetened vanilla almond milk
2 no-calorie sweetener packets (like Truvia)
1 tsp. mini (or chopped) semi-sweet chocolate chips
1/4 oz. (about 1 tbsp.) chopped walnuts

Directions

In a nonstick pot, combine oats, cocoa powder, vanilla extract, salt, and almond milk.

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 medium bowl, and stir in sweetener and chocolate chips. Let cool until thickened, 5 - 10 minutes.

Gently stir, and top with walnuts.

MAKES 1 SERVING

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