



Cinnamon Roll Growing Oatmeal



Entire recipe: 276 calories, 9.5g total fat (3g sat. fat), 470mg sodium, 39.5g carbs, 5.5g fiber, 8.5g sugars, 8g protein

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

Cool: 10 minutes

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Ingredients

Oatmeal

1 cup unsweetened vanilla almond milk
1/2 cup old-fashioned oats
1/2 tsp. maple extract
1/2 tsp. cinnamon
Dash salt
1 packet natural no-calorie sweetener (like Truvia)
1/2 tbsp. light/reduced-fat cream cheese

Topping

1 tbsp. light/reduced-fat cream cheese
1 tbsp. lite pancake syrup
1/4 tsp. cinnamon

Directions

In a nonstick pot, combine milk, oats, extract, cinnamon, and salt. Stir in 1 cup water, and bring to a boil.

Reduce to a simmer. Cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl, and stir in sweetener and cream cheese. Let cool until thickened, 5 - 10 minutes.

Meanwhile, in a medium bowl, combine topping ingredients. Whisk until mostly smooth and uniform.

Once cooled, drizzle oats with topping.

MAKES 1 SERVING

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