



Coffee Growing Oatmeal



Entire recipe: 196 calories, 5.5g total fat (0.5g sat fat), 333mg sodium, 30.5g carbs, 5g fiber, 1.5g sugars, 6.5g protein

Green Plan [SmartPoints](#)® value 5*

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

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

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

Cool: 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

Ingredients

8 oz. (1 cup) unsweetened vanilla almond milk
8 oz. (1 cup) brewed coffee
1/2 cup old-fashioned oats
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
Dash salt
1 packet natural no-calorie sweetener (like Truvia)
Optional toppings: cocoa powder, mini semi-sweet chocolate chips

Directions

In a medium nonstick pot, combine all ingredients *except* sweetener.

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 stir in sweetener. Cool until thickened, 5 - 10 minutes.

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.