



## Big Batch of Growing Oatmeal



1/4th of recipe (about 1 2/3 cups): 204 calories, 6g total fat (0.5g sat fat), 252mg sodium, 31.5g carbs, 5g fiber, 1g sugars, 6.5g protein

**Green Plan [SmartPoints](#)<sup>®</sup> value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)<sup>®</sup> value 5\***

**Purple Plan [SmartPoints](#)<sup>®</sup> value 0\***



### Ingredients

4 cups [Unsweetened Vanilla Almond Breeze](#)  
2 cups old-fashioned oats  
8 no-calorie sweetener packets (like Splenda or Truvia), or *HG Alternative*  
1 tsp. vanilla extract  
1 tsp. cinnamon  
1/8 tsp. salt

### Directions

Combine all ingredients in a large nonstick pot. Add 4 cups water, and mix well. Bring to a boil, and then reduce to a simmer.

Stirring often, cook until thick and creamy, about 25 minutes.

If you like, serve yourself a portion, and let slightly cool and thicken. Otherwise, transfer to a large container. Stirring occasionally, let cool completely, about 2 1/2 hours.

Cover and refrigerate. To serve, stir oatmeal and reheat. Enjoy!

MAKES 4 SERVINGS

***HG Alternative:*** Use 1/3 cup Splenda No Calorie Sweetener (granulated) in place of the packets. Or use 1/3 cup sugar, and each serving will have 259 calories, 46g carbs, and 17.5g sugars (**SmartPoints**<sup>®</sup> values\*: 9 on **Green Plan**, 9 on **Blue Plan**, and 5 on **Purple Plan**).

That recipe is for our classic creamy vanilla oatmeal base. Wanna zazzle it up? Add fresh fruit like blueberries, chopped apples, mashed banana, or sliced strawberries. Stir in some sugar-free pancake syrup or low-sugar fruit preserves. You can add more decadent stuff too -- mini semi-sweet chocolate chips, shredded sweetened coconut, even reduced-fat peanut butter -- but watch those portions! The recipe makes four servings, so keep that in mind when adding extras. Want some more oatmeal inspiration? There's an entire "Growing Oatmeal Bowls" chapter in [HUNGRY GIRL TO THE MAX!](#) Enjoy...

**SmartPoints**<sup>®</sup> value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**<sup>®</sup> values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**<sup>®</sup> 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**<sup>®</sup> trademark.