



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



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®** 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...

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