



## Instant Pot Basic Oatmeal



1/4th of recipe (about 1 1/2 cups): 185 calories, 4g total fat (0.5g sat fat), 235mg sodium, 30g 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:** 25 minutes

**Cool:** 5 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

2 cups unsweetened vanilla almond milk  
2 cups old-fashioned oats  
5 packets natural no-calorie sweetener (like Truvia)  
1 tbsp. vanilla extract  
2 tsp. cinnamon  
1/4 tsp. salt

### Directions

In an Instant Pot sprayed with nonstick spray, combine milk, oats, sweetener, vanilla extract, and seasonings. Add 4 cups water. Mix well.

Seal with lid, and manually set for 6 minutes.

Once cooked, press Keep Warm/Cancel. Let sit for 5 minutes. (The longer it sits, the thicker it gets!)

Vent to release steam. Gently stir before serving.

MAKES 4 SERVINGS

[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.)

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