



Lemon Coconut Blueberry Oatmeal



Entire recipe: 242 calories, 6.5g total fat (1.5g sat. fat), 479mg sodium, 39.5g carbs, 7g fiber, 7.5g sugars, 7g protein

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Prep: 10 minutes **Cook:** 20 minutes

Cool: 10 minutes



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Ingredients

- 1 cup unsweetened vanilla almond milk
- 1/2 cup old-fashioned oats
- 1 1/2 tsp. lemon juice
- 1/2 tsp. lemon zest
- 1/4 tsp. [coconut extract](#)
- 1/8 tsp. cinnamon
- 1/8 tsp. salt
- 1 packet natural no-calorie sweetener
- 1 1/2 tsp. sweetened shredded coconut
- 1/3 cup blueberries (fresh or thawed from frozen)

Directions

In a nonstick pot, combine milk, oats, lemon juice, lemon zest, coconut extract, cinnamon, salt, and sweetener.

Add 1 cup water. Bring to a boil, and then reduce to a simmer.

Cook and stir until thick and creamy, 12–15 minutes.

Transfer to a medium bowl. Let cool until thickened, 5–10 minutes.

Top with shredded coconut and blueberries.

MAKES 1 SERVING

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