



Oatmeal Cookie Crumble

OATMEAL COOKIE CRUMBLE

1/2 of recipe (about 1/3 cup): 87 calories, 4.5g total fat (1g sat. fat), 143mg sodium, 18.5g carbs, 1.5g fiber, 0.5g sugars, 2g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup old-fashioned oats
1 1/2 tbsp. [Lakanto Brown Monkfruit Sweetener](#)
1 1/2 tbsp. light butter
1 tbsp. whole wheat flour
Dash cinnamon
Dash salt
Serving suggestions: light ice cream, light yogurt, or just snack on it straight!

Directions

Combine all ingredients in a small microwave-safe bowl. Mash and stir until well mixed.

Microwave for 45 seconds. Stir well. Microwave for 45 more seconds, or until crumbly.

Transfer to a plate, and let cool for 5 minutes, or until hardened.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.