



Oversized Overnight Growing Oatmeal



Entire recipe: 205 calories, 6g total fat (0.5g sat. fat), 378mg sodium, 31g carbs, 5g fiber, 1.5g sugars, 6.5g protein

Prep: 5 minutes **Cook:** 20 minutes

Cool: 10 minutes **Chill:** 5 hours



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Ingredients

1 1/4 cups unsweetened vanilla almond milk
1/2 cup old-fashioned oats
1 packet natural no-calorie sweetener (like Truvia), or more to taste
1/4 tsp. vanilla extract
Optional toppings: fresh fruit, nuts, Greek yogurt

Seasonings:

1/4 tsp. cinnamon, or more for topping
Dash salt

Directions

Combine all ingredients in a nonstick pot. Add 1 1/4 cups water, and mix well.

Bring to a boil, and then reduce to a simmer. Cook and stir until creamy and thickened, about 15 minutes. (It will thicken more overnight!)

Transfer to a bowl or jar, and let cool completely. Refrigerate until cold and thick, at least 5 hours.

Mix thoroughly before serving. (Oatmeal will become very thick overnight.) Reheat or eat chilled.

MAKES 1 SERVING

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