



Peaches 'n Cream Growing Oatmeal



Entire recipe: 326 calories, 6.5g total fat (<0.5g sat fat), 271mg sodium, 49g carbs, 5.5g fiber, 18.5g sugars, 18.5g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 4*

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



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/2 cup old-fashioned oats
1/4 tsp. cinnamon
1/8 tsp. vanilla extract
Dash salt
3/4 cup fat-free milk
1/4 cup chopped peaches (fresh or thawed from frozen; no sugar added)
1 packet no-calorie sweetener (like Truvia)
1/4 cup fat-free peach Greek yogurt
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

In a nonstick pot, combine oats, cinnamon, vanilla extract, and salt.

Add milk and 1 1/4 cups water. Bring to a boil, and then reduce to a simmer.

Add peaches, and cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl, and stir in sweetener. Let cool until thickened.

Top with yogurt and almonds.

MAKES 1 SERVING

[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.)

*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.