



Peaches 'n Dream Oatmeal



1/4th of recipe (1 heaping cup): 245 calories, 5.5g total fat (0.5g sat fat), 235mg sodium, 40g carbs, 8.5g fiber, 7.5g sugars, 8g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 30 minutes

Cool: 10 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

- 2 cups chopped peaches (fresh or thawed from frozen)
- 2 cups unsweetened vanilla almond milk
- 1 cup steel-cut oats
- 5 packets no-calorie sweetener (like Truvia)
- 1 1/2 tbsp. chia seeds
- 1 tbsp. vanilla extract
- 2 tsp. cinnamon
- 1/4 tsp. salt

Directions

Spray the inner pot of the Instant Pot with nonstick spray.

Add all ingredients plus 1 cup water, and mix well.

Top with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press Manual/Pressure Cook, and set time for 13 minutes. (The Instant Pot will preheat for 10 - 15 minutes.)

Press the Keep Warm/Cancel to turn off Instant Pot. (Don't leave it in Keep Warm mode. Your oatmeal might burn.) Let cool down naturally for 10 minutes.

Turn the pressure release valve to the Venting position. (This will release any remaining pressure/steam.) Holding the lid handle, turn to the Open position and lift.

Gently stir before serving.

MAKES 4 SERVINGS

HG Tip: If starting with frozen peaches, make sure no sugar has been added.

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.