



Pumpkin Spice Raisin Oats 'n Yogurt Bowl



Entire recipe: 244 calories, 1.5g total fat (<0.5g sat fat), 230mg sodium, 35.5g carbs, 5.5g fiber, 16g sugars, 21.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

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

Prep: 5 minutes **Cook:** 35 minutes

Cool/Chill: 55 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

Ingredients

2 tbsp. steel-cut oats
Dash salt
3/4 cup fat-free plain Greek yogurt
1/4 cup canned pure pumpkin
2 packets no-calorie sweetener (like Truvia)
1/4 tsp. vanilla extract
1/4 tsp. pumpkin pie spice
1/8 tsp. cinnamon
1 tbsp. raisins, chopped

Directions

In a small pot, bring 3/4 cup water to a boil. Add oats and salt, and return to boil.

Reduce to a low simmer. Cover and cook for 30 minutes, or until thickened.

Let cool completely. Refrigerate until chilled, about 45 minutes.

In a medium bowl or jar, combine all remaining ingredients *except* raisins. Mix thoroughly.

Stir in chilled oats. Top with chopped raisins.

MAKES 1 SERVING

HG Tip: If you like to plan ahead, make a large batch of the plain oatmeal in advance. Just bring 5 cups of water to a boil in a medium-large pot. Add 1 cup steel-cut oats and 1/8 tsp. salt, and return to a boil. Reduce to a low simmer. Cover and cook for 1 hour, or until thickened. Makes 8 servings (about 1/2 cup each).

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.