



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

[Click for WW Points® value*](#)

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

Cool/Chill: 55 minutes



More: [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).

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.