



## Raspberry White Chocolate Growing Oatmeal



Entire recipe: 296 calories, 5g total fat (1.5g sat fat), 260mg sodium, 50.5g carbs, 9.5g fiber, 17g sugars, 13.5g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 3\***

**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 no-calorie sweetener packet  
1/4 tsp. cinnamon  
1/8 tsp. vanilla extract  
Dash salt  
3/4 cup fat-free milk  
1/4 cup canned pure pumpkin  
1/3 cup raspberries  
1 tsp. white chocolate chips, chopped

### Directions

In a nonstick pot, combine all ingredients *except* pumpkin, raspberries, and white chocolate chips. Mix in 1 1/4 cups water. (Don't worry if this seems like a lot of liquid. It will thicken up!) Bring to a boil and then reduce to a simmer. Add pumpkin and cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl and let slightly cool and thicken.

Top with berries and chopped white chocolate chips!

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.