



Slow-Cooker Blueberry Oatmeal



1/4th of recipe (1 heaping cup): 255 calories, 6g total fat (0.5g sat fat), 236mg sodium, 43g carbs, 9.5g fiber, 8g sugars, 8g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

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

Prep: 5 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours



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

Ingredients

2 cups fresh or thawed-from-frozen blueberries (if frozen, no sugar added; drained and blotted dry)
2 cups unsweetened vanilla almond milk
1 cup steel-cut oats
1 1/2 tbsp. chia seeds
2 tsp. cinnamon
2 tsp. vanilla extract
1/4 tsp. ground nutmeg
1/4 tsp. almond extract
1/4 tsp. salt
5 packets no-calorie sweetener (like Truvia)

Directions

Spray a slow cooker with nonstick spray.

Add 1 cup blueberries and 2 cups water.

Add all remaining ingredients *except* sweetener and remaining 1 cup blueberries. Mix well.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until oats have cooked and liquid has been absorbed.

Stir in sweetener.

Just before serving, top each portion with 1/4 cup blueberries.

MAKES 4 SERVINGS

HG FYI: While most of our oatmeal recipes call for old-fashioned oats, steel-cut oats are necessary in this recipe due to the long cook time. (Old-fashioned oats would get too mushy.)

[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.