



## HG's Big Batch of Growing Oatmeal

1/4th of recipe (about 1 2/3 cups): 204 calories, 6g fat, 252mg sodium, 31.5g carbs, 5g fiber, 1g sugars, 6.5g protein --  
**PointsPlus®** value 5\*

### **Ingredients:**

4 cups Unsweetened Vanilla Almond Breeze

2 cups old-fashioned oats

8 no-calorie sweetener packets (like Splenda or Truvia), or *HG*

### *Alternative*

1 tsp. vanilla extract

1 tsp. cinnamon

1/8 tsp. salt



### **Directions:**

Combine all ingredients in a large nonstick pot. Add 4 cups water, and mix well. Bring to a boil, and then reduce to a simmer.

Stirring often, cook until thick and creamy, about 25 minutes.

If you like, serve yourself a portion, and let slightly cool and thicken. Otherwise, transfer to a large container. Stirring occasionally, let cool completely, about 2 1/2 hours.

Cover and refrigerate. To serve, stir oatmeal and reheat. Enjoy!

### **MAKES 4 SERVINGS**

**HG Alternative:** Use 1/3 cup Splenda No Calorie Sweetener (granulated) in place of the packets. Or use 1/3 cup sugar, and each serving will have 259 calories, 46g carbs, 17.5g sugars, and a **PointsPlus®** value of 7\*.

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