



Apple Growing Oatmeal



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Entire recipe: 240 calories, 5.5g total fat (0.5g sat. fat), 335mg sodium, 42.5g carbs, 6.5g fiber, 10g sugars, 6.5g protein

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Prep: 5 minutes **Cook:** 20 minutes

Cool: 5 minutes



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Ingredients

1/2 cup old-fashioned oats
1 - 2 no-calorie sweetener packets (like Truvia)
Dash salt
1/4 tsp. cinnamon
2/3 cup chopped apple
1/4 tsp. vanilla extract
1 cup unsweetened vanilla almond milk

Directions

Combine all ingredients in a nonstick pot. Mix in 1 cup water.

Bring to a boil, and then reduce to a simmer. Cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a bowl, and let cool until thickened, 5 minutes or more.

MAKES 1 SERVING

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