



Black Forest Oatmeal



Entire recipe: 263 calories, 8g total fat (1.5g sat fat), 468mg sodium, 44g carbs, 8g fiber, 10.5g sugars, 8g protein

Green Plan [SmartPoints](#)® value 6*

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

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 20 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/2 cup old-fashioned oats
1 tbsp. unsweetened cocoa powder
1/8 tsp. cinnamon
1/8 tsp. salt
1 cup unsweetened vanilla almond milk
1 - 2 packets no-calorie sweetener
1/3 cup dark pitted sweet cherries (fresh or thawed from frozen and drained), chopped
1 tsp. mini semi-sweet chocolate chips
Optional: 2 drops almond extract

Directions

In a nonstick pot, combine oats, cocoa powder, cinnamon, salt, and almond milk.

Mix in 1 cup water. If you like, add almond extract. Bring to a boil, and then reduce to a simmer.

Cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl, and stir in sweetener. Let cool until thickened.

Top with cherries and chocolate chips.

HG Heads-Up: If using frozen cherries, make sure no sweetener has been added.

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.