



Lemon Poppyseed Growing Oatmeal



Developed by Hungry Girl; brought to you by [Devotion Nutrition!](#)

Entire recipe: 200 calories, 6g total fat (0.5g sat fat), 333mg sodium, 32.5 carbs, 6g fiber, 1.5g sugars, 6.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Prep: 5 minutes **Cook:** 15 minutes



Cool: 10 minutes

Ingredients

1/2 cup old-fashioned oats
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
Dash salt
1 cup unsweetened vanilla almond milk
1 packet no-calorie sweetener
1 packet [Lemon Meringue Flex Flavors](#)
1/2 tsp. poppy seeds

Directions

In a nonstick pot, combine oats, vanilla extract, cinnamon, and salt.

Add almond milk and 1 cup water. Bring to a boil, and then reduce to a simmer.

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

Transfer to a medium bowl, and stir in sweetener, Flex Flavors packet, and 1/4 tsp. poppy seeds. Let cool until thickened, 5 - 10 minutes.

Top with remaining 1/4 tsp. poppy seeds.

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.