



Raspberry White Chocolate Growing Oatmeal



Entire recipe: 296 calories, 5g total fat (1.5g sat. fat), 260mg sodium, 50.5g carbs, 9.5g fiber, 17g sugars, 13.5g protein

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



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Ingredients

1/2 cup old-fashioned oats
1 no-calorie sweetener packet
1/4 tsp. cinnamon
1/8 tsp. vanilla extract
Dash salt
3/4 cup fat-free milk
1/4 cup canned pure pumpkin
1/3 cup raspberries
1 tsp. white chocolate chips, chopped

Directions

In a nonstick pot, combine all ingredients *except* pumpkin, raspberries, and white chocolate chips. Mix in 1 1/4 cups water. (Don't worry if this seems like a lot of liquid. It will thicken up!) Bring to a boil and then reduce to a simmer. Add pumpkin and cook and stir until thick and creamy, 12 - 15 minutes.

Transfer to a medium bowl and let slightly cool and thicken.

Top with berries and chopped white chocolate chips!

MAKES 1 SERVING

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