



## 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

[Click for WW Points® value\\*](#)

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



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

### 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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.