



Blueberry Muffin Growing Oatmeal



Entire recipe: 270 calories, 7g total fat (1g sat. fat), 343mg sodium, 46.5g carbs, 7g fiber, 13.5 sugars, 6.5g protein

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

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Ingredients

1/2 cup old-fashioned oats
2 tsp. brown sugar (not packed)
1 tsp. sugar-free French vanilla powdered creamer
1 no-calorie sweetener packet
1/4 tsp. almond extract
1/8 tsp. vanilla extract
Dash cinnamon
Dash salt
1 cup [Unsweetened Vanilla Almond Breeze](#)
1/2 cup fresh or thawed-from-frozen blueberries (if frozen, drained and blotted dry)

Directions

In a nonstick pot, combine all ingredients except blueberries. 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.

Stir in blueberries, and transfer to a medium bowl. Let slightly cool and thicken. Enjoy!

MAKES 1 SERVING

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