



## 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

**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**

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