



## Big Batch of Growing Oatmeal



1/4th of recipe (about 1 2/3 cups): 204 calories, 6g total fat (0.5g sat. fat), 252mg sodium, 31.5g carbs, 5g fiber, 1g sugars, 6.5g protein

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**Prep:** 10 minutes    **Cook:** 35 minutes

**Chill:** 2 1/2 hours



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### Ingredients

4 cups unsweetened vanilla almond milk  
2 cups old-fashioned oats  
8 packets natural no-calorie sweetener  
1 tsp. vanilla extract  
1 tsp. cinnamon  
1/8 tsp. salt

### Directions

Combine all ingredients in a large nonstick pot. Add 4 cups water, and mix well. Bring to a boil, and then reduce to a simmer.

Stirring often, cook until thick and creamy, about 25 minutes.

If you like, serve yourself a portion, and let slightly cool and thicken. Otherwise, transfer to a large container. Stirring occasionally, let cool completely, about 2 1/2 hours.

Cover and refrigerate. To serve, stir oatmeal and reheat. Enjoy!

**MAKES 4 SERVINGS**

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