



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

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



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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

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