

## **Berries and Cream Oatmeal Pudding**

1/3 cup regular oats

1/2 cup of frozen unsweetened mixed berries

1/4 cup of light soymilk

1 tablespoon sugar-free fat free vanilla instant pudding mix

1 teaspoon coffee-mate sugar free French vanilla powdered creamer

1 no-calorie sweetener packet

Dash salt

### **Directions**

In a medium microwave-safe bowl, combine powdered creamer with ¼ cup warm water.

Stir until dissolved

Add soymilk and pudding mix, and stir until mixture is thoroughly blended. Add all of the other ingredients to the bowl and stir.

Microwave for 3 minutes. Allow to cool and thicken.

### Nutrition Information

Calories- 190

Fat-2.5 grams

Sodium- 501 mg

Carbs- 35.5

Fiber- 5grams

Sugars- 7 grams

Protein- 5.5 grams