

Love oatmeal, but need ways to liven it up? Whether you start with instant oats or HG growing oatmeal, we've got 18 add-ins for your spooning pleasure...

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Puréed pumpkin will make your oatmeal thick and creamy with a fiber boost. And, no, it won't make your hot cereal taste like pumpkin pie... unless you add ingredients like pumpkin pie spice, that is! A 1/4-cup serving of pure pumpkin adds about 20 fat-free calories and 2g fiber (PointsPlus® value 0*). Just don't confuse this with pumpkin pie filling, which is higher in calories and sugar.

Mashed banana - Here's another way to bring creamy texture to your oatmeal -- this time, with a burst of sweetness! A quarter-cup adds 50 calories and 1.5g fiber (PointsPlus® value 0*). So good with a little cinnamon...

Light whipped butter or light buttery spread - A little low-cal butter brings richness like you wouldn't believe. A 2-tsp. serving averages around 30 calories and 3g fat (PointsPlus® value 1*). HG favorite: Brummel & Brown.

Unsweetened cocoa - Hot chocolate is great -- hot chocolate oatmeal is better! Each tablespoon of the powder has 15 calories, 1g fat, and 1.5g fiber (PointsPlus® value 1*). Don't forget to add your sweetener of choice to really bring out the flavor.

Protein powder - Make your a.m. oats more filling with a spoonful of protein powder! Look for picks with about 100 calories per serving. A 2-tbsp. portion is all you need -- about 35 calories, 0.5g fat, and 6.5g protein (PointsPlus® value 1*). Dissolve it in cold water before cooking your oats. Try vanilla, chocolate... even peanut butter protein powder!

Powdered peanut butter - Speaking of PB, this product is a must! It's made from defatted peanuts -- perfect for adding nutty flavor without excess fat. A 2-tbsp. serving has about 50 calories and 1.5g fat (PointsPlus® value 1*).

Chia seeds - Don't be scared... Chia will infuse your oatmeal with omega-3s and give it some great texture. Bonus: It'll thicken up an oat-based breakfast that's too watery. A tablespoon has 60 calories, 4g fat, 4.5g fiber, and 2.5g protein (PointsPlus® value 1*).

Egg whites - Another entry in the "Yes, seriously!" category. Stirring liquid egg whites into the mixture while it simmers gives you a slightly larger serving with extra creaminess and a nice protein boost! A 1/4 cup adds about 30 calories and 6.5g protein (PointsPlus® value 1*).

Low-sugar preserves - Sugar-slashed jelly is a great calorie bargain, with just 25 calories per tablespoon (PointsPlus® value 1*). It's a fantastic way to flavor up your b-fast bowl, even when your favorite fruit is out of season. Pair grape jam with that powdered peanut butter for PB&J oatmeal!

Fat-free, low-fat, or light caramel dip - A drizzle of this sweet stuff will bump up your oats to fancy-pants status. It's especially great with apples or peaches. Swirl in 1 tbsp. for 54 calories and <0.5g fat (PointsPlus® value 2*).

Assorted extracts: vanilla, almond, maple, etc. - Ever see a recipe that calls for vanilla extract and think, "I think I'd prefer almond here." Guess what, babes -- we're not the boss of you. Change it up, mix 'n match... just don't add too much. While they're very low in calories (an entire teaspoon of vanilla extract has about 10 calories), overdoing it can give an alcohol-y taste to your food.

Shredded sweetened coconut - There's a tropical party in your cereal bowl, and you're invited! A tablespoon contributes 35 calories, 2g fat, and 1g fiber (PointsPlus® value 1*). Try browning it in a dry skillet for a toasty taste.

Almonds or pistachios - Add nuts mindfully, 'cuz the stats do add up. A 1/4-oz. serving is the perfect amount, with 40 calories and 3.5g fat (PointsPlus® value 1*).

Fresh fruit - Feel free to get a bit crazy with this stuff. Cook your oats with chopped fruit like apples, pears, and peaches; or top your oatmeal with whole berries, like raspberries, blueberries, and blackberries. The calorie content varies, but the PointsPlus® value is 0*.

Canned fruit packed in juice - Keywords: packed in juice. Even light syrup is pretty calorie dense. That said, canned fruit is a big time saver. And that juice brings extra sweetness! A 1/2-cup serving averages around 60 calories and 1g fiber (PointsPlus® value 2*). Heyyy, peaches...

Mini semi-sweet chocolate chips - Because what makes the morning more bearable than chocolate? Mini chocolate chips go a long way -- add a teaspoon for around 25 calories and 1.5g fat (PointsPlus® value 1*). Then let them get nice and melty... Mmmm!

High-fiber bran cereal - You can and should add cereal to your cereal. This stuff brings a big CRUNCH when sprinkled on top of your oatmeal, not to mention a major dose of fiber. A quarter-cup of our go-to, Fiber One Original, has 30 calories, 0.5g fat, and 7g fiber (PointsPlus® value 1*). Also good? All-natural Nature's Path Organic SmartBran, with 40 calories, 0.5g fat, and 6.5g fiber (PointsPlus® value 1*).

Light yogurt - This one's more like an add-on than an add-in; we like to chill our oatmeal, and layer it with creamy yogurt. (You can also just add a dollop on your hot cereal.) Awesome! A 1/2 cup has about 80 calories (PointsPlus® value 2*).