



Banana Bread Overnight Oats



Entire recipe: 303 calories, 9g total fat (1g sat. fat), 268mg sodium, 45g carbs, 6.5g fiber, 10.5g sugars, 13.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes

Chill: 6 hours



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

Ingredients

1/2 cup unsweetened vanilla almond milk
1/4 cup fat-free plain Greek yogurt
1 packet no-calorie sweetener (like Truvia)
1/8 tsp. cinnamon
1/8 tsp. vanilla extract
1/8 tsp. maple extract
Dash salt
1/2 cup old-fashioned oats
1/4 cup mashed extra-ripe banana
1/4 oz. (about 1 tbsp.) chopped walnuts

Directions

In a medium bowl or jar, combine almond milk, yogurt, sweetener, cinnamon, vanilla extract, maple extract, and salt. Mix until uniform.

Stir in oats and banana.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Top with walnuts.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.