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

SmartPoints® value 7*

Prep: 5 minutes
Chill: 6 hours

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

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Publish Date: January 19, 2016 Author: Hungry Girl Copyright © 2017 Hungry Girl. All Rights Reserved.