



PB Banana Overnight Oats



Entire recipe: 295 calories, 6.5g total fat (0.5g sat fat), 279mg sodium, 50.5g carbs, 8.5g fiber, 12g sugars, 12.5g protein

SmartPoints® value 5*

Prep: 5 minutes

Chill: 6 hours



Ingredients

2 tbsp. [powdered peanut butter](#)
1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. vanilla extract
1/4 tsp. cinnamon
Dash salt
1/2 cup sliced banana

Directions

In a medium bowl or jar, combine powdered peanut butter with 2 tbsp. water. Mix until smooth and uniform.

Add all remaining ingredients *except* banana. Mix until uniform.

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

Top with banana.

MAKES 1 SERVING

*The **PointsPlus®** and **SmartPoints®** 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 Weight Watchers International, Inc., the owner of the **PointsPlus®** registered trademark and **SmartPoints®** registered trademark.

SmartPoints® value not what you expected? [Click here](#) for more info on how the values are calculated, plus more FAQs about **PointsPlus®** and **SmartPoints®** values on our website.