



Pineapple Right Side Up Overnight Oats



Entire recipe: 308 calories, 4g total fat (0.5g sat. fat), 273mg sodium, 56g carbs, 6.5g fiber, 24g sugars, 12.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes

Chill: 6 hours

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



Ingredients

3 pineapple rings packed in juice, drained
1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk
1/4 cup fat-free plain Greek yogurt
1 packet natural no-calorie sweetener (like Truvia)
1/4 tsp. almond extract
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
Dash salt
1 maraschino cherry

Directions

Finely chop two pineapple rings and place in a medium bowl or jar.

Add oats, almond milk, yogurt, sweetener, extracts, cinnamon, and salt. Mix until uniform.

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

Gently stir, and top with remaining pineapple ring and cherry.

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 product samples, 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. For those on the Diabetic Plan, values may vary.

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.