



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

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes

Chill: 6 hours



Tagged: [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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)®** values for these 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 **[SmartPoints](#)®** trademark.