



Banana French Toast Overnight Oats



Entire recipe: 298 calories, 8.5g total fat (1g sat fat), 282mg sodium, 52.5g carbs, 7g fiber, 21g sugars, 6g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes

Chill: 6 hours



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

Ingredients

1/2 cup unsweetened vanilla almond milk
1/2 cup mashed very ripe banana (about 1 medium banana)
1/3 cup old-fashioned oats
1 tbsp. lite pancake syrup
1/4 tsp. vanilla extract
1/4 tsp. cinnamon
Dash salt
1/4 oz. (about 1 tbsp.) chopped pecans

Directions

In a medium bowl or jar, combine all ingredients *except* pecans. Mix well.

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

Top with pecans.

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.