



Banana Split Oatmeal



Entire recipe: 285 calories, 7.5g total fat (1.5g sat fat), 338mg sodium, 51.5g carbs, 6.5g fiber, 12g sugars, 7g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Prep: 5 minutes **Cook:** 20 minutes

Tagged: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



Ingredients

- 1/2 cup old-fashioned oats
- Dash salt
- 1 cup Unsweetened Vanilla Almond Breeze
- 1 tablespoon sugar-free strawberry jam/preserves
- 1/2 medium banana, thinly sliced
- 2 tablespoons Fat Free Reddi-wip
- 1 teaspoon mini semi-sweet chocolate chips

Directions

Combine oats and salt in a nonstick pot. Add Almond Breeze and 1 cup water.

Bring to a boil and then reduce to a simmer. Cook and stir until thick and creamy, 12 to 15 minutes.

Transfer to a medium bowl and let slightly cool and thicken. Stir in jam/preserves. Top with banana, Reddi-wip, and chocolate chips!

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.