



Bananas Foster Supreme Overnight Oats



Entire recipe: 295 calories, 4.5g total fat (0.5g sat. fat), 308mg sodium, 53g carbs, 6g fiber, 15.5g sugars, 12.5g protein

Prep: 5 minutes

Chill: 6 hours

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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. vanilla extract
1/8 tsp. rum extract
1/8 tsp. cinnamon
Dash salt
1/2 cup old-fashioned oats
1/4 cup mashed extra-ripe banana (about 1/2 of a medium banana)
2 tsp. fat-free, low-fat, or light caramel dip (like [the kinds by Marzetti](#))

Directions

In a medium bowl or jar, combine almond milk, yogurt, sweetener, vanilla extract, rum extract, cinnamon, 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 caramel dip.

MAKES 1 SERVING

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