Overnight Oats Power Parfait

Prep: 10 minutes
Chill: 8 hours

Entire recipe: 324 calories, 8g total fat (1g sat fat), 252mg sodium, 45g carbs, 7g fiber, 12.5g sugars, 21g protein

Blue Plan (Freestyle™) SmartPoints® value 8*

Tagged: Breakfast Recipes, Vegetarian Recipes, Single Serving

Ingredients

1/4 cup unsweetened vanilla almond milk
2 tbsp. vanilla protein powder with about 100 calories per oz.
1/2 cup old-fashioned oats
1 packet natural no-calorie sweetener
1/8 tsp. cinnamon
1 drop vanilla extract
Dash salt
1/3 cup fat-free vanilla Greek yogurt
1/2 cup sliced strawberries
1/4 oz. (about 1 tbsp.) sliced almonds or chopped pistachios

Directions

In a medium bowl, combine almond milk, protein powder, oats, sweetener, cinnamon, vanilla extract, and salt. Mix well.

Cover and refrigerate for at least 8 hours, until oats are soft and have absorbed most of the liquid.

Stir oatmeal. In a mid-sized glass, layer half of each ingredient: oatmeal, yogurt, and strawberries.

Repeat layering with remaining oatmeal, yogurt, and strawberries. Top with nuts.

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.