



## PB Banana Overnight Oats



Entire recipe: 295 calories, 6.5g total fat (0.5g sat fat), 279mg sodium, 50.5g carbs, 8.5g fiber, 12g sugars, 12.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**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

2 tbsp. [powdered peanut butter](#)  
1/2 cup old-fashioned oats  
1/2 cup unsweetened vanilla almond milk  
1 packet no-calorie sweetener (like Truvia)  
1/4 tsp. vanilla extract  
1/4 tsp. cinnamon  
Dash salt  
1/2 cup sliced banana

### Directions

In a medium bowl or jar, combine powdered peanut butter with 2 tbsp. water. Mix until smooth and uniform.

Add all remaining ingredients *except* banana. Mix until uniform.

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

Top with banana.

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.