



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

[Click for WW Points® value*](#)

Prep: 5 minutes

Chill: 6 hours

More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.