



Pineapple Right Side Up Overnight Oats



Entire recipe: 308 calories, 4g total fat (0.5g sat. fat), 273mg sodium, 56g carbs, 6.5g fiber, 24g sugars, 12.5g protein

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Prep: 5 minutes

Chill: 6 hours

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Ingredients

- 3 pineapple rings packed in juice, drained
- 1/2 cup old-fashioned oats
- 1/2 cup unsweetened vanilla almond milk
- 1/4 cup fat-free plain Greek yogurt
- 1 packet natural no-calorie sweetener (like Truvia)
- 1/4 tsp. almond extract
- 1/4 tsp. vanilla extract
- 1/8 tsp. cinnamon
- Dash salt
- 1 maraschino cherry

Directions

Finely chop two pineapple rings and place in a medium bowl or jar.

Add oats, almond milk, yogurt, sweetener, extracts, cinnamon, and salt. Mix until uniform.

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

Gently stir, and top with remaining pineapple ring and cherry.

MAKES 1 SERVING

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