



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

Freestyle™ [SmartPoints®](#) value 4*

Prep: 5 minutes

Chill: 6 hours

Tagged: [Breakfast Recipes](#), [Single Serving](#)



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

[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.)

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