



## 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

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

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 0\***

**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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