



Strawberries & Cream Overnight Oatmeal Parfait



Entire recipe: 322 calories, 4.5g total fat (0.5g sat fat), 144mg sodium, 51.5g carbs, 6.5g fiber, 19g sugars, 20.5 protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes

Chill: 8 hours



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

Ingredients

1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk
1 packet natural no-calorie sweetener
One 5.3-oz. container (about 1/2 cup) fat-free vanilla Greek yogurt
2/3 cup sliced strawberries

Seasonings:

1/4 tsp. cinnamon

Directions

In a medium bowl, combine oats, milk, sweetener, and cinnamon. Mix well. Cover and refrigerate for at least 8 hours, until oats are soft and have absorbed most of the liquid.

Stir oatmeal. In a tall glass, layer half of each ingredient: oatmeal, yogurt, and strawberries.

Repeat layering with remaining oatmeal, yogurt, and strawberries.

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.