



Super-Sized Berry-nana Oatmeal Parfait



Entire recipe: 285 calories, 4.5g total fat (0.5g sat fat), 359mg sodium, 54g carbs, 6.5g fiber, 21.5g sugars, 9g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Prep: 5 minutes **Cook:** 15 minutes

Chill: 1 1/2 hours

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



Ingredients

Oatmeal

- 1/3 cup old-fashioned oats
- 1 no-calorie sweetener packet
- 1/8 tsp. cinnamon
- Dash salt
- 3/4 cup [Unsweetened Vanilla Almond Breeze](#)
- 1/8 tsp. vanilla extract

Parfait

- 1/2 cup fat-free vanilla yogurt
- 1/2 cup sliced strawberries
- 1/2 medium banana, sliced

Directions

Combine all oatmeal ingredients in a small nonstick pot. Mix in 3/4 cup water.

Bring to a boil and then reduce to a simmer. Cook and stir until somewhat thick and creamy, about 9 minutes. (It will thicken upon chilling.)

Transfer to a medium bowl and let slightly cool. Cover and refrigerate until chilled, at least 1 1/2 hours.

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

Repeat layering with remaining ingredients. Yum time!

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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