



Tin Roof Sundae Overnight Oats



Entire recipe: 336 calories, 12.5g total fat (1.5g sat. fat), 338mg sodium, 42g carbs, 10g fiber, 7g sugars, 17g protein

[Click for WW Points® value*](#)

Prep: 5 minutes
Chill: 6 hours



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

Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1/2 cup old-fashioned oats
- 2 tbsp. vanilla protein powder with about 100 calories per scoop
- 1 tbsp. chia seeds
- 1 packet natural no-calorie sweetener
- 1 dash salt
- 1/4 oz. (about 1 tbsp.) chopped peanuts
- 1 tbsp. light chocolate syrup
- Optional topping: maraschino cherry

Directions

In a medium bowl or jar, combine all ingredients except peanuts and syrup.

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

Stir well. Top with peanuts and syrup.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.