



Banana Split Oatmeal



Entire recipe: 285 calories, 7.5g total fat (1.5g sat. fat), 338mg sodium, 51.5g carbs, 6.5g fiber, 12g sugars, 7g protein

Prep: 5 minutes **Cook:** 20 minutes

More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



Ingredients

1/2 cup old-fashioned oats
Dash salt
1 cup Unsweetened Vanilla Almond Breeze
1 tablespoon sugar-free strawberry jam/preserves
1/2 medium banana, thinly sliced
2 tablespoons Fat Free Reddi-wip
1 teaspoon mini semi-sweet chocolate chips

Directions

Combine oats and salt in a nonstick pot. Add Almond Breeze and 1 cup water.

Bring to a boil and then reduce to a simmer. Cook and stir until thick and creamy, 12 to 15 minutes.

Transfer to a medium bowl and let slightly cool and thicken. Stir in jam/preserves. Top with banana, Reddi-wip, and chocolate chips!

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 samples of food, 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.

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.