



## 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

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

**Chill:** 1 1/2 hours

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### 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

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