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BANANA NUT OATMEAL

2 Servings • 1 Serving = About 1 Cup

INGREDIENTS

- 1 cup low-fat milk or unsweetened milk alternative
- 1 teaspoon ground cinnamon, or to taste
- 2 teaspoons honey
- ½ cup rolled oats
- 1 banana, peeled and sliced
- ¼ cup chopped walnuts or pecans (optional)

DIRECTIONS

1. In a small pot, add milk and heat over medium low heat until small bubbles start to rise to the top. Be careful not to scorch the bottom, so stir gently.
2. Add cinnamon and honey and whisk to combine with the milk.
3. Add rolled oats and bring to a simmer. Stir gently and cook until oats are cooked, 5-7 minutes. During the last minute of cooking, add banana and walnuts and warm through.

Note: Instant oats will cook much more quickly, about 2-3 minutes.

NUTRITION FACTS Serving Size = about 1 cup (222g); Servings per container = 2; Calories 300; Total Fat 12g (18%); Saturated Fat 2g (10%); Cholesterol 5mg (2%); Sodium 55mg (2%); Total Carbohydrate 40g (13%); Dietary Fiber 5g (20%); Sugars 18g; Protein 10g.

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