

# Creamy Banana Oatmeal

Serves 4



## Ingredients:

- 1 cup old fashioned oats
- 2 cups water
- 1 ripe banana
- ¼ teaspoon salt
- ¼ teaspoon cinnamon

## Optional items for Oatmeal Toppings Bar:

- ½ cup diced apples
- ½ cup fresh berries
- Any other fruit of your liking!
- Plain low-fat yogurt
- Spices like ginger or nutmeg
- Walnuts, sunflower, pumpkin, chia or flax seeds
- Seed or nut butters



## Instructions:

1. In a small pot, use a fork, a wooden spoon, or an immersion blender to mash the banana until pureed.
2. Add the water to the pot and whisk until the banana is well incorporated.
3. Stir in the oats, salt, and cinnamon. Put the pot over medium high.
4. As soon as the liquid comes to a boil or starts bubbling, turn the heat down to low, stirring occasionally. Keep the oats at a slight simmer with bubbles coming to the surface every few seconds.
5. Cook for around 10 minutes or until desired consistency. Cooking longer will make thicker oatmeal. (Keep in mind, oatmeal continues to thicken up once it is removed from heat.)
6. To finish, spoon oatmeal into bowls. Top with or stir in additional toppings from the toppings bar.

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<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 × 4 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>117.9</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	1.6 g	2 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	152.6 mg	7 %
<b>Total Carbohydrate</b>	22.4 g	8 %
Dietary Fiber	3.2 g	12 %
Total Sugars	3.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	3.3 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	15.3 mg	1 %
<b>Iron</b>	1.1 mg	6 %
<b>Potassium</b>	169.6 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="https://www.cronometer.com">Full Info at cronometer.com</a>		</>