
BANANA WALNUT OATMEAL

Gluten-Free, Egg-Free, Vegetarian

Yield: 4 servings **Total time:** 5 minutes



D'LISH

Ingredients

- 2 cups milk (low-fat, skim, soymilk or nut milk)
- 2 3/4 cups water
- 2 cups quick cooking oats
- 2 ripe bananas, mashed
- 2 tbsp maple syrup
- 2 tbsp walnuts, chopped
- 2 tbsp flaxseed, ground
- 1/4 tsp salt

Directions

1. In a small saucepan, combine reconstituted non-fat milk, salt and water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, for 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with flaxseeds, walnuts and serve.

Per serving: Calories: 340; Total Fat: 6g; Saturated Fat: 0g; Cholesterol: 5mg; Sodium: 190mg; Total Carbohydrates: 60g; Fiber: 6g; Protein: 14g

Prep tip

- You can substitute 2/3 cups reconstituted non-fat dry milk for the 2 cups milk.
- May use other seeds and nuts in place of flaxseeds and walnuts.

Grocery List

- Milk
- Oats
- Bananas
- Maple syrup
- Walnuts
- Flaxseed
- Salt

Kitchen Equipment

- Measuring cups
- Measuring spoons
- Saucepan
- Wooden spoon
- 4 serving bowls

Nutrition Information

- Oats contain more protein than most grains and are a rich source of fiber which will help you feel fuller longer.
- Oats are high in antioxidants which may help lower blood pressure levels.
- Oatmeal toppings can add additional nutrients- lean sources of protein, fiber, complex carbs, and healthy fats.

Notes