

Blueberry Banana-Nut Oatmeal



Servings: 2

*1/2 cup rolled oats
1/2 cup water
1/2 cup milk
1 banana, thinly sliced
1 tablespoon maple syrup
1/2 teaspoon vanilla extract
1/4 cup fresh blueberries
1/4 cup walnuts*

To a sauce pan add rolled oats, water, milk, and 1/2 a banana, thinly sliced.

Over medium heat cook the oats until they begin to simmer. Stir constantly until the oats are cooked and creamy about 3 minutes.

Remove the oatmeal from the heat and stir in maple syrup and vanilla extract.

Pour the oatmeal into bowls and top with remaining banana slices, blueberries, and walnuts.

Serve

Per Serving (excluding unknown items): 401 Calories; 22g Fat (46.5% calories from fat); 10g Protein; 46g Carbohydrate; 6g Dietary Fiber; 6mg Cholesterol; 222mg Sodium; 20g Total Sugars; trace Vitamin D; 117mg Calcium; 2mg Iron; 553mg Potassium; 248mg Phosphorus. Exchanges: .