

# 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 blueberries*

*1/4 cup walnuts*

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

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

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

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

Serve

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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: .