

Banana Split Oatmeal

Rating: ★★★★★

Makes: 1 serving

Ingredients

1/3 cup oatmeal (dry, quick-cooking)

1/8 teaspoon salt

3/4 cup water (very hot)

1/2 banana (sliced)

1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Notes

The banana split oatmeal can be a snack by itself.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	260	
Total Fat	2 g	3%
Protein	9 g	
Carbohydrates	55 g	18%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	380 mg	16%