

# Banana Walnut Oatmeal

**Makes:** 4 servings

## Ingredients

- 2/3 cup** milk (non-fat, dry)
- 1 pinch** salt
- 2 3/4 cups** water
- 2 cups** oats (quick cooking)
- 2** banana (very ripe, mashed)
- 2 tablespoons** maple syrup
- 2 tablespoons** walnuts (chopped)

## Directions

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

## Notes

You can substitute 2 cups water or 2 cups skim milk for the reconstituted non-fat dry milk.

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>340</b>	
Total Fat	6 g	9%
Protein	14 g	
Carbohydrates	60 g	20%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	190 mg	8%