



Recipe: Banana walnut oatmeal



INGREDIENTS

- 2 cups fat-free or low-fat milk
- 1 dash salt
- 2 cups oats (quick-cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoons maple syrup
- 2 tablespoons walnuts (chopped)

DIRECTIONS

1. In a small saucepan, combine milk and salt. 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. Sprinkle with chopped walnuts and serve.

Nutrition Information: Serves 4: Total calories 292 kcals, total fat 6 g, saturated fat 1 g, sodium 118 mg, carbohydrates 52 g, fiber 5 g, protein 11 g.

Source: MyPlate.gov