

Creamy banana walnut oatmeal



Makes 2 servings.

Prep time: 5 minutes

Cook time: 2-3 minutes

1 cup fat free skim or 1% lowfat milk

Pinch of salt

1 cup quick oats

1 very ripe banana, mashed

1/4 teaspoon salt

1 tablespoon chopped walnuts

Directions: In a small saucepan, combine milk, salt and 3/4 cup water; heat over medium heat until steaming hot, but not boiling. Add oats and cook, stirring until creamy, 1 to 2 minutes. Remove the pan from the heat and stir in mashed banana and 1 tablespoon maple syrup. Divide between 2 bowls, garnish with walnuts and a little more maple syrup and serve.

Wake up to this tasty, satisfying bowl of oatmeal that is made with milk instead of water. It is a great way to use an overripe banana!

Nutritional Facts for individual food recipe:

Calories: 300

Fat: 5g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 430mg

Calcium: 20% Daily Value

Protein: 12g

Carbohydrates: 46g

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