

Banana Walnut Oatmeal

Recipe Type: Breakfast

Serves: 4

Prep Time: 5 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

2/3C non-fat dry milk

2 C water

¼ t salt

2 C quick oats

2 ripe bananas

2 T maple syrup

2 T walnuts, chopped



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Add the dry milk, water and salt in a small saucepan.
3. Heat over medium heat until it is steaming hot.
4. Add the oats and cook for 1-2 minutes or until it is creamy.
5. Mash the bananas.
6. Add the bananas and maple syrup to the oatmeal and mix.
7. Serve warm in 4 bowls and garnish with walnuts.
8. Enjoy!

Contains: Milk and Tree Nuts

Nutrition Facts

4 servings per container

Serving size 1 cup (248g)

Amount per serving

Calories 320

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 57g 21%

Dietary Fiber 7g 25%

Total Sugars 19g

Includes 6g Added Sugars 12%

Protein 11g

Vitamin D 1mcg 6%

Calcium 186mg 15%

Iron 2mg 10%

Potassium 459mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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