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:

2/3 C non-fat dry milk
2 C water
2 C quick oats
2 ripe bananas
2 T maple syrup
2 T walnuts, chopped
1/4 t salt

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!

Nutrition Facts

Serving Size 1 C

Amount Per Serving	
Calories 330	**Calories from Fat 50**
	%Daily Value*
Total Fat 6 g	**9%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 75 mg	**3%**
Total Carbohydrate 56 g	**19%**
Dietary Fiber 7 g	**28%**
Sugars 20 g	
Protein 13 g	
Vitamin D 0%	
Calcium 20%	

*** Percent Daily Values are based on a 2,000 calorie diet.**

FK= 4.9

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