BANANA OATMEAL

SERVES 6

INGREDIENTS
3 cups water
3 tablespoons firmly packed brown sugar (or less to taste)
1 teaspoon ground cinnamon
1/2 teaspoon salt (optional)
1/4 teaspoon ground nutmeg
2 cups oats (quick or old fashioned, uncooked)
1 cup mashed ripe bananas (about 2 medium)

DIRECTIONS
1. In medium saucepan, bring water, sugar, salt and spices to a boil; stir in oats.
2. Return to boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old-fashioned oats, or until most of liquid is absorbed, stirring occasionally.
3. Remove oatmeal from heat Stir in mashed bananas.

Variations:
✓ Add peanut butter to boost protein – about 1 tablespoon per serving.
✓ Top with additional fresh or canned fruit packed in juice or water.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (revised 9/14)

NUTRITION INFORMATION:

Calories: 157
Fat: 1.9 grams
Saturated Fat: 0 grams
Trans Fat: 0 grams
Cholesterol: 0 milligrams
Carbohydrates: 32.2 grams
Dietary Fiber: 4.0 gram
Protein: 4.1 grams
Sodium: 201 milligrams
Vitamin A 1%
Calcium 3%
Vitamin C 6%
Iron 7%

SERVES 6