

Banana Nut Oatmeal

1 Serving • 1 Serving = 1 Cup



INGREDIENTS

- 1 cup low-fat milk or unsweetened milk alternative
- 1 teaspoon ground cinnamon, or to taste
- 2 teaspoons honey
- ½ cup rolled oats
- 1 small banana, peeled and sliced
- 2 Tablespoons walnuts or pecans, chopped

DIRECTIONS

1. In a small pot, add milk and heat over medium low heat until small bubbles start to rise to the top. Be careful not to scorch the bottom and stir gently.
2. Add cinnamon and honey and whisk to combine with the milk.
3. Add rolled oats and bring to a simmer. Stir gently and cook until oats are cooked, 5-7 minutes. During the last minute of cooking, add banana and walnuts, and warm through.

Nutrition Facts

1 servings per container
Serving size **1 cup**

Amount per serving
Calories 490

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 110mg **5%**

Total Carbohydrate 78g **28%**

Dietary Fiber 9g **32%**

Total Sugars 37g

Includes 11g Added Sugars **22%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 371mg **30%**

Iron 2mg **10%**

Potassium 961mg **20%**

*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.

Developed by The Children's Hospital of San Antonio

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