

Breakfast

Banana Bread Oatmeal

Side Effect: Diarrhea

2 Mins
Prep Time

3 Mins
Cook Time

1
Servings

 **434 Calories** **15g Fat** **67g Carbs** **12g Protein**



Ingredients

 **1 Serving**  **5 Mins Total Time**  **Allergens: Soy, Nuts**

½ Cup Old Fashioned Oats 

¾ Cup Vanilla Soy Milk

½ Tsp Cinnamon

1 Very Ripe Banana 

2 Tbsp Pecans, chopped

Allergen Swap

Soy Choose a non-dairy milk alternative (almond, rice, oat, etc.) or cow's milk

Nuts Omit pecans



Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

In a microwave-safe bowl, add the oats, soy milk, and cinnamon.

3. Microwave

Microwave on high for three minutes (depending on strength of microwave).

4. Mash Bananas

While the oatmeal is cooking, add the ripe banana to another bowl and mash with a fork.

5. Combine and Enjoy

Add the mashed banana to the cooked oatmeal and stir to combine. Top with chopped pecans and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



2 Bowls



Measuring Cups



Measuring Spoons



Microwave



Fork



Spoon

Fatigue Buster

- Purchase chopped pecans to minimize prep time.
- Mash banana into cooked oatmeal to reduce dish washing.