

**Breakfast** 

# **Banana Bread Oatmeal**

2 Mins
Prep Time

3 Mins Cook Time

1 Serving

434 Calories 15g Fat 67g Carbs 12g Protein



# **Ingredients**

**1** Serving **3** 5 Mins Total Time **○** A

**○** Allergens: Soy, Nuts

½ Cup Old Fashioned Oats, dry 🖤

3/4 Cup Vanilla Soy Milk

1/2 Tsp Cinnamon

1 Very Ripe Banana

2 Tbsp Pecans, chopped 🖤

## Allergen Swap

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

**Nuts** Omit pecans

#### **Nourishment Note**



1 Oats

Oats provide a gluten free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



**Pecans** 

Pecans are full of antioxidants and may help to lower "bad" LDL cholesterol.



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Add Oats to Bowl

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

### 3. Microwave Oatmeal

Microwave on high for three minutes (adjust time based on strength of microwave.)

#### 4. Mash Banana

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

#### 5. Add Banana to Oatmeal

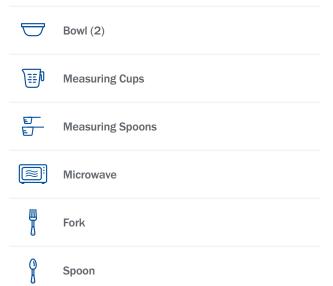
Add the mashed banana to the cooked oatmeal and stir to combine. Top with chopped pecans and enjoy!

#### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

## What You'll Need



### **Fatigue Buster**

- Use Pre-Chopped Pecans: Look for pre-chopped pecans instead of chopping your own.
- Avoid dish washing: Mash banana directly into hot oatmeal.