

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

½ Cup Old Fashioned Oats, dry 

¾ Cup Vanilla Soy Milk

½ 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



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



Bowl (2)



Measuring Cups



Measuring Spoons



Microwave



Fork



Spoon

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.