

Banana Split Oatmeal

Ingredients:

- 1/3 cup quick cooking oats
- 3/4 cup water, very hot
- 1/2 banana, sliced
- 1/2 cup vanilla yogurt, lowfat

Equipment:

- Cereal bowl
- Spoon
- Knife
- Cutting board
- Measuring cups

Number of Servings: 1
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and water.
2. Put bowl in oven and microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Peel banana and cut into slices, and place on top of oatmeal.
5. Add yogurt to top.
6. The banana split oatmeal can also be a snack by itself.



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Nutrition Facts

Amount Per Serving		Calories from Fat 27	
Calories 225		%Daily Value*	
Total Fat 3g			5%
Saturated Fat 1g			7%
Cholesterol 6mg			2%
Sodium 82mg			3%
Total Carbohydrate 48g			16%
Dietary Fiber 4g			17%
Protein 11g			21%
Vitamin A 3%	Vitamin C 10%		
Iron 9%	Calcium 22%		

*Percent Daily Values are based on a 2,000 calorie diet.

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