

Banana Walnut Oatmeal

September 2024 Recipe

Makes: 4 servings



Ingredients

- ⅓ cup nonfat dry milk
- 1 dash salt
- 2 ¾ cups water
- 2 cups quick-cooking oats
- 2 very ripe bananas (mashed)
- 2 Tbsp. 100% maple syrup
- 2 Tbsp. walnuts (chopped)

Nutritional information for 1 serving

Calories	293
Total fat	5 g
Saturated fat	1 g
Cholesterol	2 mg
Sodium	112 mg
Carbohydrate	54 g
Dietary fiber	6 g
Total sugars	20 g
Added sugars included	6 g
Protein	10 g

Directions

- 1.** In a small saucepan, combine reconstituted nonfat dry milk, salt and additional water. Heat over medium heat until steaming hot but not boiling.
- 2.** Add oats and cook, stirring until creamy, 1 to 2 minutes.
- 3.** Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts and serve.