



Banana Split Oatmeal

Nutrition Facts

1 servings per container
Serving size 1 1/2 cup (250g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 439mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



\$0.61 per recipe

Ingredients:



1/3 cup quick-cooking oatmeal



1/8 teaspoon salt



3/4 cup very hot water



1/2 banana, sliced



1/2 cup light strawberry yogurt

Meal Idea

Banana Split Oatmeal



Fruit infused water



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Tools Needed:



microwave safe bowl



spoon



measuring spoons



dry measuring cups



liquid measuring cup



chef's knife



cutting board



microwave



oven mitts

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

In a microwave safe bowl, mix $\frac{1}{3}$ cup oatmeal and $\frac{1}{8}$ teaspoon salt.



3

Add $\frac{3}{4}$ cup hot water, and stir to combine.



4

Microwave on high power for 1 minute.



5

Remove the bowl with oven mitts, and stir.



6

Microwave on high power for another 1 minute. Remove the bowl with oven mitts, stir, then allow it to cool slightly to thicken.



7

Using a cutting board and knife, slice half of a peeled banana. Wrap, and eat the remaining banana half as a morning snack later that day.



8

Top the oatmeal with banana slices and 1/2 cup yogurt.



**recipe makes 1 serving*

9

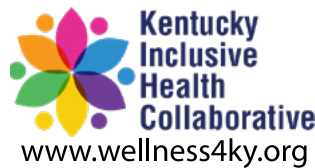
Serve immediately.



Source: Brooke Jenkins, Extension Specialist, University of Kentucky Nutrition Education Program

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