



UNIVERSITY OF ILLINOIS
EXTENSION

Livingston-McLean-Woodford Unit

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Banana Bread Oatmeal

Ingredients:

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| 1 ½ cups fat-free milk | ¼ teaspoon ground nutmeg |
| 1 ½ tablespoons firmly packed brown sugar | 1 cup quick or old fashioned rolled oats, uncooked |
| ½ teaspoon ground cinnamon | 1 medium-sized ripe banana, mashed |
| ¼ teaspoon salt (optional) | |

Directions:

In medium saucepan, bring milk, brown sugar, spices and salt to a gentle boil (watch carefully); stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats, or until most of liquid is absorbed, stirring occasionally. Remove oatmeal from heat. Stir in mashed bananas and pecans. Spoon oatmeal into two cereal bowls. Top with yogurt, sliced bananas and pecan halves, if desired.

Yield: 2 servings

Nutrition analysis with nuts: 379 calories, 9 grams fat, 405 milligrams sodium, 63 grams carbohydrate, 15 grams protein