



Banana Split Oatmeal

Servings 1 | Prep time 2 mins. | Total time 4 mins.

Equipment:

Microwave safe cereal bowl

Measuring cups and spoons

Microwave

Utensils:

Spoon

Ingredients

1/3 cup quick oatmeal

1/8 teaspoon salt

3/4 cup very hot water

1/2 banana, sliced

1/4 cup canned pineapple in juice, drained

1/4 cup fresh strawberries, sliced

1/2 cup frozen low-fat yogurt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. In a microwave-safe cereal bowl, combine oatmeal and salt; stir in water.

3. Microwave on high power for 1 minute, then stir. Microwave on high power for another minute and stir again.
4. Microwave an additional 1 minute on high power until cereal reaches the desired thickness. Stir again.
5. Top with fruit and frozen yogurt.

Nutritional Information:

Calories 270 Total Fat 3g Sodium 440mg Total Carbs 55g Protein 9g