



Banana Split Oatmeal

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

Equipment: Microwave safe cereal bowl, measuring cups and spoons, microwave

Utensils: Spoon

Ingredients

- 1/3 cup quick-cook 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 oatmeal 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