

Breakfast

# Banana Bread Oatmeal

**2 Mins**  
Prep Time

**3 Mins**  
Cook Time

**1**  
Serving

**434** Calories **15g** Fat **67g** Carbs **12g** Protein



## Ingredients

**1** Serving **5 Mins** Total Time **Allergens: Soy, Nuts**

½ Cup Old Fashioned Oats, dry

¾ Cup Vanilla Soy Milk

½ Tsp Cinnamon

1 Very Ripe Banana

2 Tbsp Pecans, chopped

### Allergen Swap

**Soy** Choose another non-dairy milk alternative (almond, rice, oat, etc.) or cow's milk

**Nuts** Omit pecans

### Nourishment Note



#### Oats

Oats provide a gluten free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



#### Pecans

Pecans are full of antioxidants and may help to lower "bad" LDL cholesterol.

## Instructions

### 1. Add Oats to Bowl

In a microwave-safe bowl, add the oats, soy milk and cinnamon.

### 2. Microwave Oatmeal

Microwave on high for three minutes (adjust time based on strength of microwave.)

### 3. Mash Banana

While the oatmeal is cooking, add the ripe banana to another bowl and mash with a fork.

### 4. Add Banana to Oatmeal

Add the mashed banana to the cooked oatmeal and stir to combine. Top with chopped pecans and enjoy!

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Bowl (2)



Measuring Cups



Measuring Spoons



Microwave



Fork



Spoon

### Fatigue Buster

- Use Pre-Chopped Pecans: Look for pre-chopped pecans instead of chopping your own.
- Avoid dish washing: Mash banana directly into hot oatmeal.