

Breakfast

# Banana Bread Oatmeal

Side Effect: Diarrhea

**2 Mins**  
Prep Time

**3 Mins**  
Cook Time

**1**  
Servings

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



## Ingredients

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

½ Cup Old Fashioned Oats

¾ Cup Vanilla Soy Milk

½ Tsp Cinnamon

1 Very Ripe Banana

2 Tbsp Pecans, chopped

### Allergen Swap

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

**Nuts** Omit pecans

### Nourishment Note



#### Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.



#### Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Combine Ingredients

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

### 3. Microwave

Microwave on high for three minutes (depending on strength of microwave).

### 4. Mash Bananas

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

### 5. Combine and Enjoy

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

### 6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

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

## What You'll Need



2 Bowls



Measuring Cups



Measuring Spoons



Microwave



Fork



Spoon

### Fatigue Buster

- Purchase chopped pecans to minimize prep time.
- Mash banana into cooked oatmeal to reduce dish washing.