



175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



## Oatmeal with Bananas & Frozen Yogurt

*Makes 1 serving. Recipe adapted from USDA.*

### Ingredients

1/3 cup oatmeal, quick-cooking (dry)  
1/8 teaspoon salt  
3/4 cups water (very hot)  
1/2 banana (sliced)  
1/2 cup frozen yogurt, non-fat

### Nutritional info per serving

Calories:	267
Total fat:	3g
Cholesterol:	5mg
Sodium:	360mg
Total Carbs:	53g
Dietary Fiber:	4g
Potassium:	508mg

### Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.