



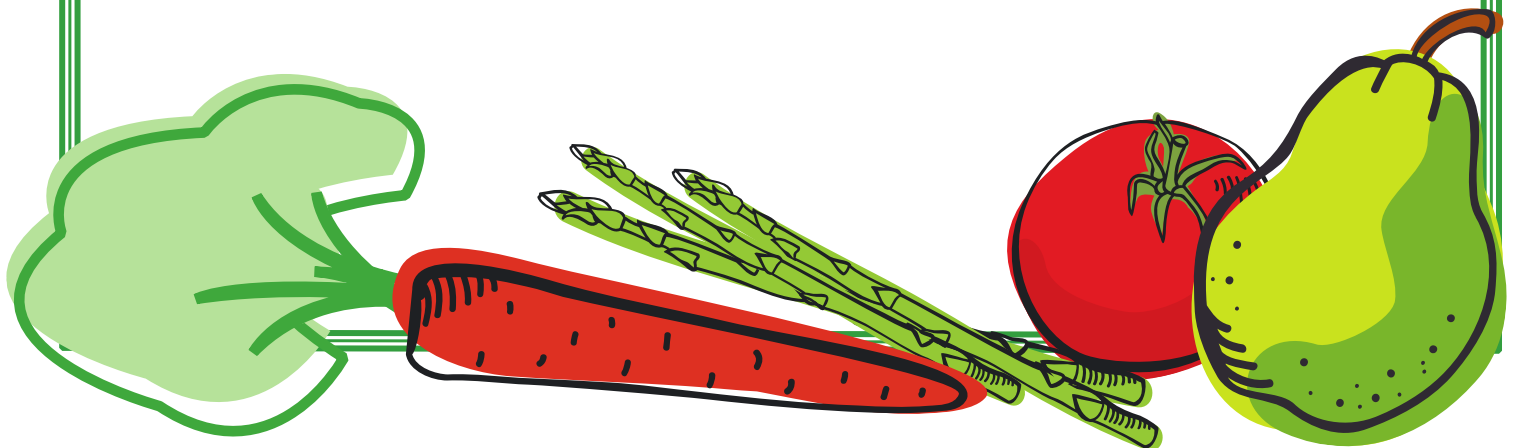
Banana Nut Oatmeal

Servings: 4
Serving Size: 1 cup

Ingredients:
 2/3 cup low-fat milk
 1 pinch salt
 2 ¾ cups water
 2 cups rolled oats, old fashioned or quick cooking
 2 bananas-very ripe, mashed
 2 Tablespoons maple syrup or honey
 2 Tablespoons walnuts, chopped (optional)

- Directions:**
1. In a small saucepan combine milk, salt, water and oats.
 2. Cook on medium heat for 5-10 minutes, stirring until thick and creamy.
 3. Remove the pan from heat and stir in mashed banana and maple syrup.
 4. Divide among 4 bowls, top with walnuts if desired, and serve.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 1110	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 1260mg	53%
Total Carbohydrate 199g	66%
Dietary Fiber 23g	92%
Sugars 65g	
Protein 38g	
Vitamin A 10%	• Vitamin C 35%
Calcium 35%	• Iron 45%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: www.eatsmart.umd.edu

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