

Banana Split Oatmeal

Yield 1 servings

Ingredients

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

Instructions

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.

Cost

Per recipe: \$0.56

Per serving: \$0.56

Source

University of Nebraska Cooperative Extension, Recipe Collection, p.14
Staff from the University of Nebraska-Lincoln

Notes

The banana split oatmeal can be a snack by itself.

Nutrition Facts

Serving Size 1 full recipe (357g)
Servings Per Container 1

Amount Per Serving

Calories 260 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 380mg **16%**

Total Carbohydrate 55g **18%**

Dietary Fiber 4g **16%**

Sugars 29g

Protein 9g

Vitamin A 0% • Vitamin C 10%

Calcium 20% • Iron 8%

*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	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4