

# Banana Split Oatmeal

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.

Makes: 1 serving

Prep Time: 5 minutes  
Cook Time: 4 minutes

Source: [myplate.gov](http://myplate.gov)

## Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced), about 1/2 cup
- 1/2 cup frozen yogurt (non-fat or low-fat), of your choice

\*\*Nutrient Analysis is done with non-fat vanilla yogurt

## 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.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 full recipe

Nutrients	Amount
Calories:	267
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	360 mg
Total Carbohydrates:	53 g
Dietary Fiber:	4 g
Total Sugars:	28 g
Added Sugars:	8 g
Protein	9 g

## Utensils Needed

- Microwave safe cereal bowl
- Measuring Cups
- Measuring Spoons
- Mixing Spoon
- Liquid Measuring Cup
- Cutting Board
- Butter Knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.68

Average cost/serving: \$4.68

Recipe makes: 1 Serving

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Low-Fat Vanilla Yogurt, 32 oz.



Add 1 to Cart  
Fresh Banana



Add 1 to Cart  
Quick Oats, 42 oz.

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Oats are a great way to start your day the whole-grain way! Try them in pancakes, overnight oat recipes, or other hot oatmeal recipes! Check out [www.snapedny.org](http://www.snapedny.org) for Orange Oatmeal Pancakes and more recipe inspiration!
- Yogurt goes nicely with fruit to create a tasty parfait! Or you can even add it to a fruit smoothie!