

Banana Split Oatmeal

Serving Size: 1

Yield: 1 serving

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

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 Serving: \$0.55

Nutrition Facts	
Serving Size 1 full recipe (351g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 25g	
Protein 7g	
Vitamin A 4%	• Vitamin C 10%
Calcium 10%	• Iron 10%
*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	