

## 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

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