



## Banana Split Oatmeal

Serving Size: 1 bowl

Yield: 1 serving

### Ingredients:

1/3 cup dry oatmeal, quick-cooking

1/8 teaspoon salt

3/4 cup very hot water

1/2 sliced banana

1/2 cup frozen yogurt, non-fat



### 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.

**Nutrition Facts:** Calories 150; Calories from fat 10; Total fat, 1g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 290 mg; Total Carbohydrate, 30g; Fiber, 4g; Protein, 7g; Vitamin A, 0%; Vitamin C, 8%; Calcium, 0%; Iron, 0%.

**Source:** Adapted from: Recipe Collection, p.14, University of Nebraska-Lincoln Cooperative Extension, USDA, Snap-ed Connection.



Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties  
provides equal program and employment opportunities.