

Banana Split Oatmeal

Makes: 1 serving

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfyir

Ingredients

1/3 cup oatmeal (dry, quick-cooking)

1/8 teaspoon salt

3/4 cup water (very hot)

1/2 banana (sliced)

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.

Notes

The banana split oatmeal can be a snack by itself.

Learn more about [bananas](#).

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

Nutrition Information

Nutrients	Amount
Calories	260
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	380 mg
Total Carbohydrate	55 g
Dietary Fiber	4 g
Total Sugars	29 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available