

## Banana Nut Oatmeal

submitted by kcover



Per serving: 293 Calories • 59.1g Carbs (9.8g Fiber) • 6.1g Fat • 7.8g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

1/2 cup **Rolled oats** (40 grams)

1 cup **Water** (237 grams)

1 medium (7" to 7-7/8" long) **Banana** (118 grams)

1 tbsp **Walnuts** (7.8 grams)

1 tsp **Cinnamon** (2.6 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Combine oats and 1 cup water in a small microwave-safe bowl. Microwave on high 3 minutes or until tender.

2. Top with banana slices, walnuts, and cinnamon.