

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### New Beginning Banana Oatmeal

As we enter the New Year, many of us are looking for recipes that can help us achieve our health goals. This recipe puts a new spin on oatmeal and is quick to make during busy mornings.

<b>Recipe Name:</b>	New Beginning Banana Oatmeal
<b>Recipe By:</b>	Antonia Harvey, P.Dt
<b>Short description of recipe:</b>	With 388kcal, 20.5g of protein, and 12g of fibre, this breakfast will keep you going until lunch.*
<b>Makes</b>	1 serving
<b>Ingredients:</b>	1 medium ripe banana, peeled and cut into pieces 1/3 cup quick oats 1/2 cup milk Dash of cinnamon  1/3 to 1/2 cup plain or vanilla Greek yogurt (depending on appetite and taste preference) Fresh or thawed frozen berries
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Mash the banana in a microwave-safe bowl.</li><li>2. Add the oats, milk, and cinnamon to the banana and stir well.</li><li>3. Microwave for 60 seconds, stir, and microwave for another 30 seconds.</li><li>4. Top the oatmeal with Greek yogurt and berries.</li><li>5. Serve immediately.</li></ol>

\*Nutrition information is based on using skim milk, 1/2 cup non-fat plain Greek yogurt, and 1/2 cup fresh raspberries.