



June 28- Banana Berry Oats

Not Smart Snack

No link

Recipe

Ingredients:

½ cup rolled oats

½ cup water

½ banana

3 Tablespoons low-fat milk

½ cup berries

Directions:

1. Microwave ½ cup rolled oats and water in microwave for one minute.
2. Add sliced banana and cook for another minute.
3. Stir in milk. Top with your ½ cup of your favorite berries.

Yield 1 serving

Nutrition Facts	
Serving Size 1 serving (216.75g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 1g	4%
<i>Trans Fat</i>	
Cholesterol <5mg	1%
Sodium 25mg	1%
Total Carbohydrate 49g	16%
Dietary Fiber 7g	27%
Sugars 14g	
Protein 8g	16%
Vitamin A 2%	• Vitamin C 80%
Calcium 10%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	