



January 20- Banana Split Oatmeal

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-split-oatmeal>

Recipe

Ingredients:

1/3 cup oatmeal

1/8 teaspoon salt

3/4 cups water

1/2 banana

1/2 cup frozen yogurt

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.

Yield 1 serving

Nutrition Facts	
Serving Size 1 serving (154.48g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
<i>Trans Fat</i>	
Cholesterol <5mg	1%
Sodium 350mg	14%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	22%
Sugars 16g	
Protein 7g	14%
Vitamin A 0%	Vitamin C 10%
Calcium 15%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	