



## BANANA WALNUT OATMEAL

Irish style oatmeal with different flavour

🕒 5 minutes

🕒 30 minutes

🍴 4 portions

## INGREDIENTS

- 900 grams of water, bottled
- 1/4 tsp of salt, table [2 g]
- 230 grams of oatmeal flakes
- 2 medium units [7" to 7-7/8" long] of bananas, raw [236 g]
- 1/2 cup, chopped of nuts, walnuts, english [59 g]
- 1/2 tsp of vanilla extract [2 g]
- 1/4 cup of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D [61 g]
- 10 grams of butter, 82% fat, unsalted
- 2 packed tsps of sugars, brown [9 g]

## COOKING METHOD

- 1° Bring water and salt to a boil in a medium saucepan; stir in oats and return to a boil. Reduce heat to low and simmer, uncovered, stirring occasionally, until oats are tender, about 25 to 30 minutes;
- 2° Remove from heat. Gently stir in bananas, sugar, butter and vanilla; stir in milk.
- 3° Serve oatmeal topped with walnuts. Yields about 1 cup oatmeal and 2 teaspoons walnuts per serving.
- 4° Sugar is optional, can be substituted or omitted. Using an old fashion oat gives a different texture, takes a little longer to cook but makes a very nice breakfast

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (377 g)	% DRI
ENERGY	105 kcal	396 kcal	20 %
FAT	4 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	2 mg	7 mg	2 %
SODIUM	43 mg	163 mg	7 %
CARBOHYDRATE	14 g	52 g	17 %
SUGARS	3 g	10 g	—
FIBER	2 g	8 g	34 %
PROTEIN	3 g	11 g	—