

Banana walnut oatmeal



Recipe credit

United States Department of Agriculture, USDA's Collection of Nonfat Dry Milk (NDM) Recipes

About this recipe

Serves

4

Serving size

1/4 of recipe

Ingredients

- 2/3 cup milk (non-fat, dry)
- 1 dash salt
- 2 3/4 cups water
- 2 cups oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoons maple syrup
- 2 tablespoons walnuts (chopped)

Directions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

Tips and variations

You can substitute 2 cups water or 2 cups skim milk for the reconstituted non-fat dry milk.

Nutritional info

Calories

292

Total fat

6 g

Cholesterol

2 mg

Sodium

118 mg

Total carbohydrates

52 g

Dietary fiber

5 g

Protein

11 g

Total sugar

21 g

Allergens

Dairy

Tree nuts

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