

Banana Bread Oatmeal

When you don't have time to bake, this recipe for Banana Bread Oatmeal tastes just like the real deal. Whip up this cozy breakfast option in under 15-minutes. Made with ripe bananas, this creamy oatmeal will help you start your day right.



Servings: 6



Cook time: 10 minutes



Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked)
- 3 cups fat-free milk
- 3 tbsp firmly packed brown sugar
- $\frac{3}{4}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp salt (optional)
- $\frac{1}{4}$ tsp ground nutmeg
- 1 cup mashed ripe bananas (about 3 medium)
- 2 tbsp coarsely chopped toasted pecans
- Plain or vanilla nonfat yogurt (optional)
- Banana slices (optional)
- Pecan halves (optional)



Instructions

- In medium saucepan, bring milk, sugar, salt, and spices to gentle boil (watch carefully); stir in oats.
- Return to boil; reduce heat to medium.
- Cook 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats or until most of liquid is absorbed, stirring occasionally.
- Remove oatmeal from heat.
- Stir in mashed bananas and pecans.
- Spoon oatmeal into six cereal bowls.
- Top with yogurt, sliced bananas, and pecan halves, if desired.

Cook Note: To toast pecans, spread evenly in shallow baking pan. Bake at 350°F 5 to 7 minutes or until light golden brown. Or, spread nuts evenly on microwave-safe plate. Microwave on HIGH 1 minute; stir. Continue to microwave on HIGH, checking every 30 seconds, until nuts are fragrant and brown.



Nutrition Info per serving

Calories:	220
Total fat:	4 g
Saturated fat:	1 g
Cholesterol:	5 mg
Sodium:	55 mg
Total Carbohydrates:	40 g
Dietary Fiber:	4 g
Total Sugar:	18 g
Protein:	8 g

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