

Banana-Nut Oatmeal

Balanced breakfast packed with heart-healthy, brain-boosting, and filling nutrients!

Essential Pregnancy Nutrients:

Fiber: Oatmeal & Banana

Iron: Oatmeal

Omega 3: Walnuts

Potassium: Banana



INGREDIENTS

- 2/3 cup oats
- 1 3/4 water and/or milk of choice (oat, cow, almond, coconut)
- 1 tbsp ground flax seed
- 1 ripe banana, mashed (plus more for topping)
- 1/4 tsp cinnamon
- 1-2 tbsp natural peanut butter
- 2 tbsp walnuts for topping or other nuts
- 1 tsp honey for topping, optional

PREPARATION

1. Boil water and/or milk on stovetop.
2. Add oats, ground flaxseed, mashed banana, and cinnamon. Stir for 6-8 minutes or until oats are cooked through. For mushier oats, add more liquid.
3. Once the oats are just about finished, add peanut butter, and stir through.
4. Take off heat. Add to bowls and top with walnuts and/or honey.
5. Enjoy!

Serving Size: 2 servings

Prep Time: 5 minutes

Cook Time: 5 minutes