



Banana Cinnamon Oatmeal

Oatmeal

- A great source of important vitamins, minerals, fiber and antioxidants.
- Provides fiber to support satiety and heart health; excellent source of whole grains for energy and brain function.

Bananas

- Rich in potassium which supports improved blood pressure regulation and heart health.
- Offers a variety of vitamins and minerals that support immune health and metabolic activity.



YOU'LL NEED

1/2 cup steel-cut oats
1 1/4 cup milk of choice
1/4 tsp sea salt
1/2 tsp chia seed (optional)
1 cinnamon stick

Toppings:

1 half banana, sliced
1 tsp roasted walnut or mixed nuts (optional)
1/4 tsp ground cinnamon (optional)

ALL YOU HAVE TO DO

1. Add steel-cut oat, water, sea salt, and cinnamon stick together. In a small saucepan, bring them to a boil. Then cook over low heat for 5 minutes or until thickened, stirring occasionally.
2. Add milk, chia seed, cook over low heat for 20 minutes or until thickened, stirring occasionally.
3. Store with lid in the refrigerator, then take it out and add toppings, Serve with additional milk and cinnamon if desired.