

# Banana Bread Oatmeal

## Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked)
- 3 cups fat-free milk
- 3 tbsp firmly packed brown sugar
- 3/4 tsp ground cinnamon
- 1/4 tsp salt (optional)
- 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)

## How to make it

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



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	5 min	10 min	6

## Made with



Quaker® Oats-Old Fashioned