



Banana Split Oatmeal

Handout 2

Serving Size: 1
Yield: 1 serving

Ingredients:

- 1/3 cup dry oatmeal, quick-cooking
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup frozen yogurt, non-fat

Instructions:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on 100% power for 1 minute. Stir. Microwave on 100% power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on 100% power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Cost:

Per Recipe: \$ 0.41
Per Serving: \$ 0.41

Source:

Adapted from:
Recipe Collection, p.14
University of Nebraska-Lincoln Cooperative Extension

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Nutrition Facts	
Serving Size 1 full recipe (264g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 4g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	