

Banana-Almond Oatmeal



Ingredients:

- 2 c rolled oats
- 4 c water or milk
- 1 T cinnamon
- 3 medium bananas, sliced
- 3 T slivered almonds

Instructions:

1. Combine oats with milk or water and microwave for 3 minutes on high.
2. Top with banana and almonds.
3. Sprinkle cinnamon on top, serve warm.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>