

Recipe for

BANANA ALMOND OATS

EQUIPMENT NEEDED pot, knife, cutting board,

(food processor or blender)

SERVES 4 ESTIMATED COST \$4.30 COST PER SERVING \$1.08

INGREDIENTS

- 1 cup quick cooking steel cut oats, or other oats
- 1 ea ripe banana
- 2 tbsp almond butter (1 cup whole almonds, ground in food processor or blender until creamy)
- 2 tbsp maple syrup or honey (more to taste)
- 1/2 tbsp ground cinnamon (optional)
- salt, pinch
- dash almond milk, or other milk (optional)
- Optional: top with fresh fruit and/or nuts

METHOD OF PREPARATION

1. Prepare oats according to package directions without any salt.
2. Mash banana with a fork.
3. Add banana and remaining ingredients to oats. Stir well to combine. Add milk if you prefer a thinner consistency.
4. Top with fresh fruit or nuts. Enjoy!

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NUTRITION INFORMATION

Banana Almond Oats

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	254.8 kcal	13 %
Total Fat	7.6 g	12 %
Saturated Fat	0.9 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	48.6 mg	2 %
Total Carbohydrate	43.9 g	15 %
Dietary Fiber	6.1 g	24 %
Sugars	10.1 g	
Protein	7.1 g	14 %
Vitamin A	0 % • Vitamin C	4 %
Calcium	9 % • Iron	10 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Oats – this whole grain is loaded with fiber which has many health benefits.

A type of soluble fiber called beta-glucan found in oats has been shown to reduce blood sugar and LDL, increase the feeling of fullness, and help healthy bacteria grow in the gut.

HEALTH BENEFITS

Almonds – rich source of Vitamin E which is an antioxidant that protects the body from oxidative damage. Adequate Vitamin E intake has been associated with a lower risk of cancer, heart disease, and Alzheimer's.



References:

1. Recipe provided by Reanetta Perkins

**Maryland University
of Integrative Health**

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 | outreach@muih.edu
www.muih.edu