

# COUNT YOUR STEPS

## Banana Split Oatmeal

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



In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.

Microwave an additional 30-70 seconds on high power until the cereal reaches the desired thickness. Stir again.

Top with banana slices and frozen yogurt.

**Per serving:** Calories 150 (Calories from Fat 10); Total Fat 1g; Cholesterol 0mg; Sodium 290mg; Total Carbohydrate 30g; Fiber 4g; Sugars 7g; Protein 4g.  
(Source: USDA.com)

