



Banana Split Oatmeal

Makes 1 serving

- 1/4 cup quick cooking oatmeal
- 1/8 teaspoon salt
- 1/2 cup very hot tap water
- 1/2 banana, sliced
- 1/2 cup strawberry, vanilla or chocolate frozen yogurt or low fat ice cream

In a microwave safe bowl, mix together oatmeal and salt.

1. Stir in water. Microwave 1 minute. Stir.
2. Microwave for another minute. Stir.
3. Microwave an additional 30-60 seconds or until thickened. Stir again.
4. Top with banana slices and frozen yogurt or ice cream.