

RECIPE

# Nutty Banana Oats

SERVES: 1

**NUTTY BANANA OATS IS THE KIND OF BREAKFAST** that feels cozy but works hard for you. Creamy oats, naturally sweet banana, and protein-packed almonds come together for the perfect balance of fiber, protein, and healthy fats.

**IT IS SIMPLE, SATISFYING,** and keeps you full for hours without a mid-morning crash. Warm, nourishing, and just sweet enough, this is the bowl you will want on repeat.

**INGREDIENTS**

- 1 cup raw rolled oats**
- ½ banana, sliced**
- 1½ tbsp almond butter**
- Ground cinnamon, for sprinkling**

**OPTIONAL**

- 1 tbsp chopped almonds**



**INSTRUCTIONS**

- 1 COOK** oats and 1 cup of water in a small pot until tender, about 5 minutes. Transfer to a bowl.
- 2 TOP** with banana and drizzle with almond butter.
- 3 SPRINKLE** with cinnamon.

**OPTIONAL:** Sprinkle with 1 tbsp chopped almonds.

**IF YOU TOP WITH ALMONDS,** it'll add 53 cal, 2g protein, and 1g of fiber

**NUTRITIONAL INFO PER SERVING**

CALORIES

355

PROTEIN

11g

FIBER

8g