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## **Banana Oatmeal**

Prep time: 5 min. Cook time: 10 min.

Serving size: 1 bowl

Recipe yields 1 serving

### **Ingredients**

1-1/2 cups skim milk

3/4 cup rolled oats

1 banana, sliced

1 tbsp honey

1/4 tsp cinnamon

### **Directions**

1. Bring the milk to a boil and add the oats. Simmer for a few minutes until oats absorb the milk.

2. Once oats are nearly done, add the sliced banana, honey, and cinnamon.

3. Stir to combine and serve.