Banana Cinnamon Oatmeal

1½ cup rolled oats
1 cup nonfat milk
½ banana, mashed
1 teaspoon brown sugar
¼ teaspoon vanilla extract
¼ teaspoon ground cinnamon
1 Tablespoon chopped walnuts (optional)

In a large microwave-safe bowl, combine oats and milk. Microwave on high for 2 1/2 minutes. Immediately stir in mashed banana, brown sugar, vanilla, and cinnamon. Top with chopped walnuts, if desired.

Yield: 1 serving

**Nutrition Facts** (per serving) with walnuts: 360 calories, 9 grams fat, 130 milligrams sodium, 57 grams carbohydrate, 6 grams dietary fiber, 16 grams protein