

Recipes Using Foods in Your Pantry



Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



Banana Oatmeal

Serves 4

Ingredients:

- 2 cup nonfat milk or prepared nonfat dry milk
- 1/8 tsp. salt
- 3/4 cup water
- 2 cup quick oats
- 2 bananas, mashed
- 2 Tbsp. maple or pancake syrup

Instructions:

1. In a medium saucepan, combine milk, salt, and water.
2. Heat over medium heat until steaming hot, not boiling.
3. Add oats and stir until creamy, about 1 to 2 minutes.
4. Remove the pan from heat and stir in mashed banana and syrup.

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