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.

FIND MORE RECIPES @ go.illinois.edu/EatMoveSaveRecipes