

Banana Blueberry Microwave Oatmeal



Ingredients:

- 1 banana
- 1/3 cup blueberries, frozen or fresh
- 1/2 cup quick cooking oats
- 1/2 cup water
- Dash of cinnamon

Directions:

1. Mash banana in microwave safe bowl. Mix in oats until combined.
2. Add water, salt, and cinnamon.
3. Stir in blueberries.
4. Microwave 90 seconds to 2 minutes until oats are cooked.

Makes 1 serving.



Tarrant County Public Health
<http://health.tarrantcounty.com>