

Banana Split Snack Oatmeal



Ingredients:

- 1/3 cup quick-cooking oatmeal
- 1/8 teaspoon salt
- 3/4 cup hot water
- 1/2 banana, sliced
- 1/2 cup non-fat frozen yogurt

Directions:

1. In a medium microwave-safe bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high for 1 1/2 to 2 minutes. Stir.
3. Top with banana slices and frozen yogurt.
4. Serve immediately.

Makes 1 serving.



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