Banana Split Oatmeal

Ingredients:
- ⅓ cup quick-cooking dry oatmeal
- ⅛ teaspoon salt
- ⅔ cup very hot water
- ½ sliced banana
- ½ cup fat-free frozen yogurt

Directions:
1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in the water.
2. Microwave on high for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Tip: The banana split oatmeal can also be a snack by itself

Yields about 1 serving

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book (USDA)