

INSTANT BLUEBERRY BANANA OATMEAL WITH PECANS

Makes: 1 serving

Use gluten-free certified oats if making gluten free.

INGREDIENTS

- 1/3-1/2 banana
- 1/3 cup rolled oats
- 2/3 cup hot water
- pinch ground cinnamon
- pinch salt
- 1/2 tablespoon maple syrup (or brown sugar)
- 2 tablespoons chopped pecans
- 1/3 cup fresh blueberries
- splash milk (or almond milk)

INSTRUCTIONS

Place banana in a microwave safe bowl, mash with a fork. Add oats, water, cinnamon and salt. Microwave for 2 minutes. Stir. If needed continue microwaving in 30 second intervals until desired consistency. Top with maple syrup, pecans, blueberries and milk just before serving.