

A top-down view of a light-colored ceramic bowl filled with cooked oatmeal. The oatmeal is topped with a variety of fresh fruits: several slices of banana, whole blueberries, halved strawberries, and two slices of kiwi. Small red goji berries are scattered throughout the toppings. A dollop of brown peanut butter is visible on the right side of the bowl. The bowl sits on a light-colored, striped cloth with a rope handle. A wooden spoon is placed to the right of the bowl. The background is a light blue wooden surface.

BANANA BREAKFAST OATS

Sanlam Wellness

BANANA BREAKFAST OATS



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
381 kcal
12g Fats
60g Carbs
10g Protein



WHAT YOU NEED

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

WHAT YOU NEED TO DO

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

NOTE: garnishes (nuts, seeds, fruit) are not included in the nutrition information.

Sanlam Wellness