



Good-Morning Banana Nut Cereal

Ready Time: 20min

Prep Time: 5min

Cook Time: 15min

Ingredients:

- ¼ cup water
- ¼ cup skim milk
- 1 tablespoon quinoa
- ½ small banana, sliced
- 1 ½ tablespoons rolled oats
- 1 tablespoon oat bran
- 1 pinch salt
- 1 pinch ground cinnamon
- 1 table spoon chopped walnuts
- 1 teaspoon brown sugar
- ¼ teaspoon vanilla extract

Directions:

1. Stir the water, milk, and quinoa together in a saucepan; bring to a gentle boil.
2. Reduce heat to low and simmer 5 minutes, or until the quinoa begins to soften.
3. Stir in the banana, rolled oats, oat bran, salt, and cinnamon.
4. Cook, stirring frequently over low heat for 2 to 5 minutes or until the mixture thickens.
5. Remove from the heat and stir in the walnuts, brown sugar, and vanilla.

Serves: 1 person

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