



Banana Split Oatmeal



Entire recipe: 285 calories, 7.5g total fat (1.5g sat. fat), 338mg sodium, 51.5g carbs, 6.5g fiber, 12g sugars, 7g protein

Prep: 5 minutes **Cook:** 20 minutes

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Ingredients

1/2 cup old-fashioned oats
Dash salt
1 cup Unsweetened Vanilla Almond Breeze
1 tablespoon sugar-free strawberry jam/preserves
1/2 medium banana, thinly sliced
2 tablespoons Fat Free Reddi-wip
1 teaspoon mini semi-sweet chocolate chips

Directions

Combine oats and salt in a nonstick pot. Add Almond Breeze and 1 cup water.

Bring to a boil and then reduce to a simmer. Cook and stir until thick and creamy, 12 to 15 minutes.

Transfer to a medium bowl and let slightly cool and thicken. Stir in jam/preserves. Top with banana, Reddi-wip, and chocolate chips!

MAKES 1 SERVING

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