



Magical Creamy Chocolate Banana Oatmeal

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 small banana peeled cut into small chunks
- ☐ 2.8 cups chocolate milk
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.3 cups old fashioned oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

Equipment

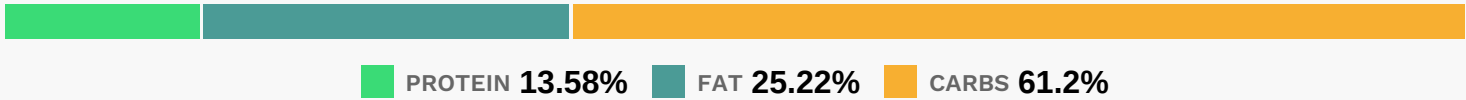
- ☐ bowl

☐ sauce pan

Directions

- ☐ Bring 2 1/4 cups chocolate ilk and the salt to a gentle boil in a medium saucepan.2 Stir in dried oats and cinnamon. Reduce heat.3 Gently boil, uncovered, over medium heat for 5 minutes, stirring occasionally.4
- ☐ Remove from heat; let stand for 2 to 3 minutes to slightly absorb excess milk in mixture.5 To serve, stir vanilla into oatmeal, then gently stir in banana.6 Spoon oatmeal into bowls and pour 2 T chocolate milk over each serving.

Nutrition Facts



Properties

Glycemic Index:44.93, Glycemic Load:19.65, Inflammation Score:-5, Nutrition Score:17.640434773072%

Flavonoids

Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 358.12kcal (17.91%), Fat: 10.23g (15.74%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 49.42g (17.97%), Sugar: 26.37g (29.3%), Cholesterol: 27.5mg (9.17%), Sodium: 333.84mg (14.51%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 12.4g (24.79%), Manganese: 1.61mg (80.29%), Phosphorus: 386.74mg (38.67%), Calcium: 278.92mg (27.89%), Vitamin B2: 0.45mg (26.59%), Fiber: 6.44g (25.75%), Magnesium: 88.76mg (22.19%), Selenium: 15.11µg (21.59%), Vitamin D: 2.98µg (19.86%), Potassium: 634.94mg (18.14%), Vitamin B1: 0.26mg (17.4%), Copper: 0.32mg (15.85%), Zinc: 2.31mg (15.37%), Vitamin B12: 0.76µg (12.6%), Vitamin B6: 0.25mg (12.58%), Iron: 2.18mg (12.14%), Vitamin B5: 1.19mg (11.93%), Folate: 29.73µg (7.43%), Vitamin C: 5mg (6.06%), Vitamin A: 246.62IU (4.93%), Vitamin B3: 0.92mg (4.59%), Vitamin E: 0.35mg (2.33%), Vitamin K: 1.63µg (1.55%)