



Sweet Banana Almond Oatmeal



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup vanilla almond milk
- ☐ 1 small banana
- ☐ 0.3 teaspoon ground cinnamon to taste
- ☐ 1 tablespoon honey
- ☐ 0.5 cup rolled oats
- ☐ 1 pinch salt

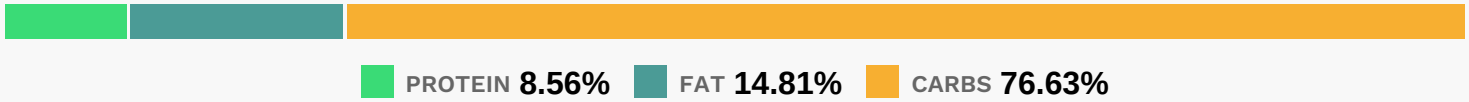
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Mash half the banana in a saucepan.
- ☐ Whisk almond milk, honey, almond extract, cinnamon, and salt with the mashed banana until smooth; bring to a boil and stir oats into the mixture. Reduce heat to medium-low and cook at a simmer until the oats are tender and the moisture has been absorbed to your desired consistency, 5 to 7 minutes.
- ☐ Transfer oatmeal to a bowl.
- ☐ Dice remaining banana half. Top oatmeal with banana and more cinnamon, as desired.

Nutrition Facts



Properties

Glycemic Index:152.05, Glycemic Load:29.55, Inflammation Score:-5, Nutrition Score:15.146086998608%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 355.13kcal (17.76%), Fat: 5.99g (9.21%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 61.91g (22.51%), Sugar: 30.73g (34.15%), Cholesterol: 0mg (0%), Sodium: 368.45mg (16.02%), Alcohol: 1.38g (100%), Alcohol %: 0.42% (100%), Protein: 7.79g (15.58%), Manganese: 1.86mg (92.89%), Calcium: 332.87mg (33.29%), Fiber: 7.78g (31.11%), Magnesium: 84.42mg (21.1%), Vitamin B6: 0.42mg (20.9%), Phosphorus: 189.84mg (18.98%), Selenium: 12.91µg (18.44%), Potassium: 527.34mg (15.07%), Vitamin B1: 0.22mg (14.56%), Copper: 0.25mg (12.47%), Iron: 2.12mg (11.78%), Zinc: 1.69mg (11.25%), Vitamin C: 8.91mg (10.8%), Vitamin B2: 0.15mg (8.74%), Folate: 33.62µg (8.41%), Vitamin B5: 0.81mg (8.09%), Vitamin B3: 1.17mg (5.87%), Vitamin E: 0.28mg (1.89%), Vitamin K: 1.47µg (1.4%), Vitamin A: 66.11IU (1.32%)