

Maple-Banana Oatmeal Delight

Start your day with a warm bowl of oatmeal topped with sweet bananas and a drizzle of maple syrup. This wholesome breakfast is not only delicious but also packed with nutrients to keep you energized!


10 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup water or milk
- 1 medium banana, sliced
- 1 tablespoon maple syrup
- 1/4 teaspoon cinnamon
- Pinch of salt
- Optional toppings: nuts, seeds, or berries

Steps

- 1 In a small saucepan, combine the rolled oats, water or milk, and a pinch of salt.
- 2 Bring the mixture to a boil over medium heat, then reduce the heat and let it simmer for about 5 minutes, stirring occasionally.
- 3 Once the oats are creamy and cooked through, remove from heat and stir in the cinnamon.
- 4 Transfer the oatmeal to a bowl and top with sliced bananas and a drizzle of maple syrup.
- 5 Add any optional toppings like nuts, seeds, or berries for extra flavor and crunch.
- 6 Enjoy your warm and nourishing breakfast!