

# Recipe: Banana Walnut Oatmeal

4 servings

Cooking time ~30 minutes

## Ingredients:

- 1.5 cups milk
- 1 dash salt
- 4.5 cups water
- 2 cups steel cut oats
- 2 bananas (very ripe, mashed)
- 2 tablespoons maple syrup
- 2 tablespoons walnuts (chopped)

## Directions:

1. In a small saucepan, combine milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 20-30 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

