

# Banana Oatmeal Mug

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| <b>Code</b>  |
| \$, Q, V, RH |



| <b>Nutrition Facts:</b> |           |
|-------------------------|-----------|
| Yield                   | 1 serving |
| Calories                | 417       |
| Total Fat               | 12 g      |
| Sat Fat                 | 2 g       |
| Sodium                  | 197 mg    |
| Added Sugar             | 11 g      |
| Fiber                   | 8 g       |
| Vitamin A               | 21% DV    |
| Vitamin D               | 13% DV    |
| Potassium               | 15% DV    |
| Calcium                 | 23% DV    |
| Iron                    | 17% DV    |

## Ingredients Needed:

- ½ cup quick cooking oats
- 1 Tbs ground flaxseed
- 1 egg
- ½ cup fat-free milk
- 1/3 banana, mashed
- ¼ teaspoon cinnamon
- 2 teaspoon honey

## Recipe Directions:

1. Add oats, flaxseed, egg, and milk in a mug. Stir well with a fork.
2. Add banana, cinnamon, and honey.
3. Stir again until well combined.
4. Cook in microwave on high for 2-3 minutes.
5. Fluff with a fork.
6. Stir in a little extra milk or yogurt, if desired.