

Orange & Banana

⇒ OATMEAL PARFAIT ⇒



PORTION: 1 jar
SERVES: 4

SUPERFOOD

INGREDIENTS

4 ½ cup Water

1 ½ cup Quick Oatmeal

1/2 cup Vanilla Yogurt

1 ½ Tbsp Honey

1 ea Medium Banana, Sliced

2 ea Orange Sections

1 Tbsp, 1 tsp Grated Orange Peel

METHOD

1. In a medium sauce pan, bring water to rapid boil. Slowly pour oatmeal into boiling water, stirring constantly. Return to a boil. Reduce heat and simmer for 8 to 10 minutes, stirring occasionally. Remove from heat and let cool.
2. Mix the oatmeal, yogurt and honey together. Chop the orange into small pieces. Divide the mixture into 4 bowls or jars. Top each parfait with 2-1 1/2 Tbsp each of banana and diced orange and 1 tsp orange zest. Serve cold.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
140	2g	0.5g	29g	5g	3g	35mg