



# BANANA, WHEAT GERM, AND OATS

January 11, 2010

*Yield: 3 servings*

*Wheat germ and oats make a perfect pair: You get the goodness of whole grains from the oats and a host of nutrients, such as vitamin E, iron, potassium, and folic acid, from the nutty wheat germ.*

3  $\frac{3}{4}$  cups water  
1 cup old-fashioned rolled oats  
 $\frac{2}{3}$  cup toasted wheat germ  
 $\frac{1}{4}$  teaspoon salt  
1  $\frac{1}{2}$  cups sliced banana (about 2)  
3 tablespoons brown sugar  
1 tablespoon butter

1. Combine the first 4 ingredients in a medium saucepan, and bring to a boil over high heat, stirring occasionally.
2. Reduce heat to medium-low, and cook for 6 minutes or until thick and thoroughly heated, stirring occasionally.
3. Remove from heat. Divide cereal evenly among 3 bowls. Top each serving with  $\frac{1}{2}$  cup banana, 1 tablespoon brown sugar, and 1 teaspoon butter.

#### **Nutrition Facts per serving**

**Calories 336; Fat 8.4g** (Sat 3.2, Mono 2g, Poly 2.3); **Cholesterol 10mg; Calcium 35mg; Carbohydrate 59.1g; Sodium 226mg; Protein 12.g; Fiber 8.3g; Iron 3.9 mg**

***Cooking Light, January 2010***



## **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**

**Providing guidance and support to make the “healthy choice the easy choice.”**

Mary Beth Gurganus, LD/N  
Jackson County Health Department  
3045 4th Street ~P O Box 310  
Marianna, FL 32446

Phone: 850-526-2412 ext 282  
Fax: 850-482-9564  
E-mail: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)  
Website: [www.jacksonchd.org](http://www.jacksonchd.org)

