



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
Website: www.jacksonchd.org

