



Oatmeal with Banana & Milk

Info:

Makes 1 Servings 230 Calories per Serving

LOW CAL

Ingredients:

- ❖ 1 Packet Instant Oatmeal
- ❖ ½ Banana
- ❖ 4 oz Skim Milk



Preparation:

1. Chop banana, mix with oatmeal and enjoy!

