



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Banana Nut Butter Oatmeal

Makes 1 serving

Ingredients:

- ½ cup rolled oats
- 1 cup low-fat cow's milk or unsweetened flax milk, or soy milk
- 1 banana, sliced
- 1 TBSP natural nut butter (peanut, almond, cashew, sunflower seed)
- 1 tsp cinnamon

Directions:

1. In a mason jar or small bowl, mix oats, milk, and cinnamon. Cook on stovetop or microwave x3 minutes.
2. Mix in sliced banana and nut butter.



Nutrition Tips:

1. Oats are a whole grain and an excellent source of soluble fiber. In fact, oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily.
2. This recipe can easily be assembled up to 24 hours in advance with no cooking required. Simply mix all ingredients in a mason jar or bowl and place in the refrigerator until ready to eat!

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.