



LOVE TO COOK

KITCHEN KNEADS

Oat & Banana Nut Bowl
Serves 2

This bowl features a blend of bananas, oats, and Greek yogurt -- a tangy and filling base. The toppings add a bit of crunchiness, saltiness, sweetness, and healthy nutrients to the experience. Fun Fact: did you know cocoa nibs are actually good for you? It's true - one ounce has 9 grams of fiber- what a delicious reason to eat them for breakfast!

Ingredients:

2 ripe bananas, peeled
1/2 cup rolled oats
2 cups plain Greek yogurt
1/2 teaspoon vanilla

Top with:

1 cup granola - (about 1/2 cup per serving)
1 ripe banana, peeled and thinly sliced - (1/2 banana per serving)
2 tablespoons cocoa nibs - (1 T per serving)
2 tablespoons sliced almonds - (1 T per serving)
1 tablespoon pumpkin seeds

Directions:

1. In a powerful blender, combine the bananas, oats, yogurt and vanilla and blend on high until smooth.
2. Pour the banana and oat mixture into bowls and top with granola, banana slices, cocoa nibs, almonds, and pumpkin seeds.