

# Banana Bread Oatmeal

THM-Friendly: E

- 1/2 cup old-fashioned oats
- 1 cup unsweetened nut milk
- a pinch of mineral salt
- a squirt of vanilla extract
- 1/2 tsp. cinnamon
- 1/2 tsp. pecan extract
- 1 small ripe banana (can be from frozen)
- nutmeg, sprinkle for garnish



Put all the ingredients except the banana in a small pot and start cooking on medium heat.

Mash the banana and add to the oats on the stove. Cook until done (5-10 minutes), and watch it to see when it's cooked.

Remove from heat. Add a sprinkle of nutmeg if desired.

enJOY!

NOTE: If your banana was or is not (super) ripe you may need to add sweetener according to your taste.



<https://www.joyfullifewithkj.com/breakfast/banana-bread-oatmeal>

