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Banana Nut Bread Oatmeal

A mashed banana gives this breakfast all the sweetness it needs, as well as nutrients like potassium and fibre. Oats are a great source of iron, B vitamins, and soluble fibre, making them a filling and comforting start to your day. If you have problems with gluten – sensitivity, intolerance, or celiac disease – be sure to look for certified gluten-free oats, like Only Oats. Adding nuts and seeds to this dish boost the protein and healthy fat content as well, making for a slow-burning energy source to fuel you until lunchtime. A hint of cocoa is satisfying for the chocoholic, and cinnamon is great for keeping blood sugar stable and cravings at bay. Enjoy alongside a nice cup of tea (pairs well with a rooibos chai). Makes 1 serving.

Prep time: about 5 minutes

Ingredients

- 1 banana, mashed
- ½ cup organic quick-cook oats
- 1 tsp. organic cocoa powder
- 1 Tbsp. natural peanut butter, almond butter, or sunflower seed butter
- ½ tsp. ground cinnamon
- Pinch sea salt
- Freshly boiled water
- 1 Tbsp. each: your choice of hemp seeds, raw walnuts, chia seeds, ground flax, raw cacao nibs...

Directions

Start your kettle.

In a bowl (larger than a cereal bowl), mash the banana as chunky or smooth as you like.

Add the oats, nut butter, cocoa, cinnamon, and salt.

When the water has boiled, pour over the cereal and stir well until nut butter has melted and oatmeal has reached desired consistency.

Top with walnuts, seeds, cacao nibs, etc. and stir again. Enjoy!

Variation: make this an overnight breakfast ready for you in the morning by replacing the boiled water with 1 cup plant milk of your choice. (Note: if you add chia or flax seeds to this mix, you may need to add more liquid as they are very absorbent.) Stir well and chill, covered, in the fridge overnight. Stir again and enjoy your raw oatmeal parfait!

Extra on-the-go tip: put all the ingredients in a Mason jar or Pyrex container overnight to grab-&-go in the morning.

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