

BANANA BREAD OATMEAL



INGREDIENTS

1 cup rolled oats (We use [Bob's Red Mill's Gluten Free Rolled Oats](#))

1 1/2 cups water

1 banana, sliced

1/4 tsp cinnamon

2 packets of [Sweetleaf](#) stevia

This recipe is so simple. Pour all of the ingredients into a small pot on medium heat and bring it to a boil. Once the oatmeal comes to a boil, turn the heat down to low and simmer until you reach your desired consistency.

Top with coconut sugar or maple syrup and chopped nuts (I used my [Apple Pie Infused Pecans](#)). We also love to add some [homemade almond milk](#) (the plain version).

