



Sweet Banana Almond Oatmeal

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1

Description

This oatmeal is warm sweet and lusciously filling and it leaves me satisfied for hours It is also incredibly versatile Switch out any of the ingredients for whatever you fancy I find it works well with some vanilla extract instead of almond and topped with crunchy peanut butter and a drizzle of honey If you like your oatmeal just a bit thicker use a little less milk or cook for a little longer

Ingredients

- - 1 small banana - 1 cup almond milk - 1 tablespoon honey - 1 teaspoon almond extract - $\frac{1}{4}$ teaspoon ground cinnamon
- or more to taste - 1 pinch salt - $\frac{1}{2}$ cup rolled oats

Instructions

1. Mash half the banana in a saucepan. Whisk almond milk
2. honey
3. almond extract
4. cinnamon
5. and salt with the mashed banana until smooth; bring to a boil and stir oats into the mixture. Reduce heat to medium-low and cook at a simmer until the oats are tender and the moisture has been absorbed to your desired consistency
6. 5 to 7 minutes. Transfer oatmeal to a bowl. Dice remaining banana half. Top oatmeal with banana and more cinnamon
7. as desired.