

# Bananas Foster Oatmeal



## INGREDIENTS:

1 ½ cups of oats  
4 tablespoons of butter  
4 bananas  
¾ cups of chopped walnuts  
2 tablespoons of honey or  
maple syrup  
6 cups of water  
Ground cinnamon, for  
garnish

## INSTRUCTIONS:

1. In a medium saucepan, add oats and water and cook until oats are soft.
2. Slice bananas into equal sized rounds.
3. Add butter into a medium saucepan and melt until foaming. Add in honey or maple syrups until butter mixture combined.
4. Add bananas and cook until softened and caramelized. Add chopped walnuts, evenly coating them in mixture.
5. Add oatmeal to bowl, placing banana mixture on top and garnish with ground cinnamon.

