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**BANANA BREAD OATMEAL**

Here’s another recipe from Engine 2. It is originally an overnight oatmeal method but this time of year, I like a warm breakfast. Banana bread is usually loaded with butter and sugar, but today it gets a healthy update in a simple, yet tasty oatmeal. Still delectably moist with a little bit of crunch, these oats are worthy of a bowl-licking. Makes 1 medium serving.

**Ingredients:**

* 1 cup boiling purified water
* ½ cup rolled oats
* 1 banana
* 2 Tbs. chopped walnuts
* ¼ tsp. cinnamon
* Optional: 1 tsp. maple syrup

**Method:**

1. In a bowl or travel jar, add rolled oats, cinnamon and 1 tsp. maple syrup and stir. Leave the spoon in the jar to help conduct the heat from the boiling water so the glass won’t crack.
2. Add 1 cup boiling water to the jar/bowl.
3. Cover the jar/bowl and let sit for 5 minutes.
4. Chop banana and walnuts and stir into the jar/bowl and serve.