



# Banana Rolled Oats



## INGREDIENTS

- 1 cup rolled oats
- 1 cup of milk
- 1/2 banana
- 1 egg white
- 1 tablespoon maple syrup
- 2 tablespoons hemp hearts
- 1 tablespoon ground chia
- handful of nuts (any kind)

## DIRECTIONS

In a small pot combine milk and oats. Warm over low heat. While that heats combine an egg white and banana in a bowl and mix/mash together. Add into oats and stir well. Mix in maple syrup, hemp hearts, ground chia and nuts. Let simmer over low heat until milk is absorbed and oats have cooked for about 5 minutes. Remove from heat and let stand for 2 minutes before serving.

NOTES: Try topping with chopped bacon for a sweet and salty mix that adds an extra hit of fat and protein.

