

Healthy Meal of the Week



Caramelized Banana Dark Chocolate Oatmeal

Prep: 10 m / Eat In: 10 m



Ingredients:

- 1 cup water
- 1/2 cup rolled oats
- Olive oil spray
- 1/2 medium banana, sliced
- 1 tbsp dark chocolate chips*
- use dairy free for Vegan

Directions:

- In a small saucepan, bring water to a boil. Stir in oats and reduce heat to low. Simmer until oats have absorbed all of the liquid, 3-5 minutes.
- While oats are cooking, spray a small non-stick skillet with olive oil. Add sliced bananas in a single layer and cook over medium heat until caramelized, about 3 minutes per side.
- Spoon oatmeal into a bowl and top with caramelized bananas, and chocolate chips.