

# Healthy Budget-Friendly Meals

## **Banana Walnut Oatmeal**

### **Ingredients**

2/3 cup nonfat dry milk  
2 ¾ cup water  
2 cups quick cooking oats  
2 ripe bananas (mashed)  
2 tablespoons chopped walnuts  
2 table spoons of maple syrup (optional)  
pinch of salt (optional)

### **Directions**

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and water.
2. Heat over medium heat until steaming, but not boiling.
3. Add oats and cook, stirring until creamy, 1 to 2 minutes.
4. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

*Makes 4 servings*

**Source:** Adapted from USDA'S Collection of Nonfat Dry Milk (NDM) Recipes as cited on the USDA SNAP ED-Connection Recipe Finder

Find more healthy, low-cost recipes by visiting <http://recipefinder.nal.usda.gov>.

### **Did you know?**

- Oatmeal is a good source of fiber. Fiber may lower cholesterol and can help keep your heart healthy.
- Nuts like walnuts are a good source of healthy fats. Store them in the fridge or freezer to help keep them fresh. For a cheaper option, you could use a spoonful of peanut butter in this recipe instead of chopped walnuts.
- This meal could also be made in a microwave. Combine the dry milk, water, and oats in a bowl and microwave on high for 1 to 2 minutes. Add the toppings, stir, and enjoy.

### **Nutrition Knowledge – Whole Grains**

Whole grain foods like oatmeal, brown rice, and whole wheat bread and pasta are good sources of fiber and many B vitamins. To learn more about whole grains, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

Each month, Maryland Hunger Solutions highlights a different low-cost recipe. To learn more about affording healthy food through the Food Supplement Program, visit [www.mdhungersolutions.org](http://www.mdhungersolutions.org), or call 410-528-0021.



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