



# Creamy Banana Almond Maesli

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When most people think of oats, they think 'hot' and 'bland'. But did you know, you can eat oats chilled? This breakfast option is so creamy and satisfying that it tastes like dessert. And it is so easy to make as well.

## Serves 2

### Ingredients

1 cup whole rolled oats (not instant or quick cooking)  
 ½ cup low fat milk  
 ½ cup low fat, plain yoghurt  
 ½ tsp vanilla extract

### Toppings

2 tablespoons chopped almonds, lightly toasted  
 1 medium-sized banana, thinly sliced  
 1 teaspoon cinnamon powder

### Method

1. Combine oats, milk, yoghurt, banana and vanilla extract in a bowl.
2. Cover and leave it in the refrigerator overnight.
3. Top with almonds and cinnamon powder

**Note:** if you like your oats warm, you may also heat it in the microwave for about a minute BEFORE adding the toppings.

### Nutrition Information (Per Serving)

Energy	357Kcal
Protein	13g
Fat	13g
Saturated fat	1.4g
Cholesterol	7mg
Carbohydrate	47g
<b>*Carbohydrate exchange</b>	3 exchanges
Dietary fibre	5.1g
Sodium	82mg