

Latin American Banana-Cinnamon Oats (Colombia & Ecuador)

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 1

Ingredients:

- ½ cup oats
- 1 ripe banana
- 1 cinnamon stick
- 1 cup milk or plant milk

Instructions:

1. Combine oats, sliced or mashed banana, and a cinnamon stick in milk in a saucepan.
2. Simmer over medium heat until thickened, stirring occasionally.
3. Remove the cinnamon stick before serving.
4. Serve warm for a creamy, naturally sweet breakfast.

Nutritional Values (per serving):

- Calories: 220 kcal
- Protein: 6 g
- Carbohydrates: 40 g
- Fiber: 5 g
- Fat: 4 g
- Sugar: 12 g

Health Benefits:

- High in potassium for heart and muscle health
- Fiber-rich to support digestion and steady energy
- Naturally sweet without added sugar, supporting weight management

Pro Tips:

- Mash the banana for a smoother texture or slice for a chunkier bowl
- Add a sprinkle of chopped nuts for extra protein and healthy fats
- Use plant milk for a dairy-free version