

# Pre-Workout Whipped Banana Oatmeal

## Ingredients

- 1 cup old fashioned oats
- 2 cups unsweetened vanilla almond milk (my fav is Almond Breeze) or milk 1%
- 1 banana, sliced
- 1 tbsp chia seeds
- Pinch of sea salt
- 1 tsp pure vanilla, stirred in at end
- ½ cup walnut pieces (good Omega 3)
- 1 tbsp natural almond butter

## Directions (for 2 servings)

- Combine rolled oats and unsweetened almond milk in a saucepan over medium heat.
- Slice a banana into VERY thin pieces, leaving just a few bigger chunks and add to the oats (important to add before it starts boiling).
- Stir and let oats heat for a few minutes. Once it begins to steam or bubble, stir to “whip” the banana into the oats. The oats will take about 5 minutes on medium heat from start to finish to fully absorb the liquid. They’re done when they reach your desired consistency!
- Turn the heat off.
- Stir in vanilla and portion into bowls. Add walnuts and a dollop of almond butter leaving it on the spoon. Other toppings could include other types of nuts, granola, coconut or trail mix.

