



## STEEL CUT BANANA WALNUT OATMEAL PACKET

NATASHA ROSENSTOCK NADEL · NOV 4, 2015

2 SHARES



Here is a recipe to make your own Steel Cut Banana Walnut Oatmeal Packet. You can put the dry mixes into plastic bags and use them to make breakfast quickly at home, or stow in your desk drawer to microwave with water and eat at work.

2MIN  
PREP TIME

1  
SERVINGS

### INGREDIENTS

- 1/3 cup quick 3-minute steel cut oats
- Dash of cinnamon
- 1/2 cup freeze-dried banana (or any dried fruit, cut into small pieces)
- 2 tablespoons chopped walnuts
- 1 tablespoon coconut sugar (or brown sugar)

### PREPARATION

Combine dry ingredients and store in a plastic baggie until ready to cook.

#### Microwave:

Add 3/4 cup water to the oatmeal mix poured into a deep non-plastic bowl or a 4 cup glass pyrex measuring cup. Place in the microwave for 2.5 - 3 minutes. Stir and then cook for another minute on half power.

#### Stovetop:

Boil 1 cup water, then stir in oatmeal mix and reduce heat to medium. Simmer

desired texture.

HAVE DINNER READY BEFORE YOU CAN SAY "DINNER'S READY".

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#### NATASHA ROSENSTOCK NADEL

Named "Most Creative Problem Solver," by Dr. Neil Barnard and his staff at the conclusion of her Physician's Committee for Responsible Medicine migraine study group, Natasha Nadel is a journalist and a mom who provides healthy substitutes for the typical shortcuts parents make when trying to feed their family quickly. Natasha wrote her [cookbook](#) and Healthy Mama's Guide for parents like her who don't want to work so hard to feed their children healthy and delicious meals made from whole foods. She lives outside Washington, DC with her husband, son and daughter.

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