

Slow Cooker Banana Nut Oatmeal

Prep time	Cook time	Total time
5 mins	8 hours	8 hours 5 mins

Steel cut oats cook overnight with bananas, walnuts and spices to create a healthy, make-ahead breakfast that will be waiting for you in the morning.

Author: Liz DellaCroce | The Lemon Bowl

Recipe type: Breakfast

Serves: 4

Ingredients

- 1 cup steel cut oats
- 1 ripe banana - mashed
- ¼ cup chopped walnuts
- 2 cups skim milk (or almond milk)
- 2 cups water
- 2 tablespoons flax seed meal
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- ½ teaspoon nutmeg
- ½ teaspoon salt
- banana slices, walnuts or brown sugar - optional garnish



Instructions

1. Place all ingredients in slow cooker and stir until well combined.
2. Cook overnight on Low for 8 hours.
3. In the morning, stir oatmeal with a fork to loosen the steel cut oats and make sure everything is fully incorporated.
4. Serve warm with banana slices, chopped walnuts or a pinch of brown sugar if you wish.

Notes

For easier clean-up and to avoid the slight "crusty" residue inside the slow cooker, place all ingredients in a glass bowl that fits into the slow cooker then add enough water to fill the lower half of the slow cooker. Cover and cook on low for 6 to 8 hours.

Nutrition Information

Serving size: 1 cup Calories: 290 Fat: 8 g Saturated fat: .7 g Unsaturated fat: 7.3 g Trans fat: 0
 Carbohydrates: 42 g Sugar: 3.9 g Sodium: 366 mg Fiber: 6.6 g Protein: 11 g Cholesterol: 2 mg

Recipe by The Lemon Bowl at <http://thelemonbowl.com/2014/01/slow-cooker-banana-nut-oatmeal.html>

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Quick Chicken Taco Bowls

By [Marygrace Taylor](#) June 25, 2015



Craving Mexican? These hearty bowls—packed with black beans, [avocado](#), and salsa—fit the bill for a fast weeknight dinner.

SERVINGS: 4

- 1 16-oz can black beans, drained and rinsed
- 1 Tbsp olive oil
- Juice of ½ lime
- ½ tsp chili powder
- ¼ tsp salt
- 2 c cooked brown rice
- 1 [avocado](#), pitted and diced
- 4 4-ounce poached chicken breasts, cubed ([Watch how to poach chicken in a few easy steps.](#))
- 1 c jarred salsa

1. **COMBINE** the black beans with the olive oil, lime juice, chili powder, and salt. Toss to combine.
2. **DIVIDE** the rice among four bowls. Top each bowl with ¼ of the beans, ¼ of the avocado, ¼ of the chicken, and ¼ of the salsa. Serve warm.

NUTRITION (per serving) 435 cal, 34 g pro, 46 g carb, 11 g fiber, 0 g [sugar](#), 13 g fat, 2 g sat fat, 431 mg sodium

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