

MORNINGS MADE EASY

Serves: 6 • Serving size: 1 donut

10
minutes

PREP TIME: 5 minutes
COOK TIME: 5 minutes

Banana Oatmeal DONUTS

1½ cup quick cooking oats
2 bananas, pureed in Chop N Prep® Chef
1 egg
½ tsp. cinnamon
1/3 cup whole milk
2 tbsp. honey

1. In small bowl, mix all ingredients until well combined.
2. Divide mixture evenly among Silicone Ring Form and place in microwave for 5-6 minutes at 80% power.
3. Let cool before unmolding.

Nutritional Information (per serving):
Calories: 160 Total Fat: 3g Saturated Fat: 1g Cholesterol: 30mg Sodium: 20mg
Carbohydrates: 28g Fiber 3g Sugar: 14g Protein: 5g Vitamin D: 2% Calcium: 4%
Iron 6% Potassium: 4%

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Tupperware®



TO DEMO



Silicone Ring Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



That'sa® Bowl