## Banana-Pecan Oatmeal

This fruity, nutty oatmeal will keep you satisfied until lunch time! Different fruits or nuts can be substituted, just be sure to keep portions of nuts small because they can be high in calories and fat.

### Ingredients:
- 1 cup instant oatmeal, cooked
- 1/2 ripe banana, sliced
- 1 Tbsp. pecans, chopped
- 1 tsp. brown sugar, or artificial sweetener, if preferred

### Directions:
1. Place cooked oatmeal in a cereal-size bowl.
2. Add sliced bananas to oatmeal.
3. Sprinkle with chopped pecans and brown sugar or artificial sweetener.

### Nutrition Facts
(Includes brown sugar)
- Serving: 1
- Calories: 258
- Fat: 7 grams
- Saturated fat: 0 grams
- Sodium: 0 mg
- Carbohydrates: 42 grams
- Fiber: 5 grams
- Protein: 6 grams

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