

## Simple Rolled Oats with Banana & Mango

*\*gluten free, oil free, vegan optional*

**PREP TIME:** 2 minutes

**COOK TIME:** 2 1/2 minutes

**TOTAL TIME:** less than 5 minutes

**SERVINGS:** 1

### INGREDIENTS

**1/2 cup gluten-free rolled oats**

**1 cup water**

**1/2 tsp vanilla** or coconut extract

**1/2 medium banana**

**1 heaping cup frozen mango**

**1 tablespoon Flaxseed Meal** (ground flaxseed)

**1/4 cup Organic Soy Milk** (or milk of choice)  
(optional)

Cinnamon to taste (optional)

Stevia or other sweetener to taste (optional)



### INSTRUCTIONS

1. In a medium bowl, combine rolled oats and water, stir. (Oats will bubble up while cooking so use a bowl on the bigger side.)
2. Place in microwave and cook on high for 2 1/2 minutes.
3. While oats are cooking, slice the banana.
4. When oats are done, remove from microwave and let sit for 1 minute.
5. Add vanilla or coconut extract (and sweetener if using), stir to combine.
6. Add banana, mango and flaxseed meal and stir. (This helps the mango to thaw a bit and cool down the oatmeal too!)
7. Top with cinnamon and/or milk, if using, and enjoy!

### NOTES

- You can use regular rolled oats in this recipe if you are not sensitive to gluten.
- Feel free to use fresh mango if you have it.
- Instead of Flaxseed Meal, you can use ground chia seeds or chopped nuts.
- I like oat or soy milk with this, but you can use any milk of choice.
- If you like a thicker, stickier oatmeal, skip the milk at the end.