

Strawberry Banana Breakfast Split

Ingredients:

1 $\frac{1}{2}$ cups Steel Cut Oats (2 rice cooker measuring cups)
2 Bananas
1 lb Frozen Strawberries (thawed)
2 cups Low-fat Vanilla Yogurt
3 cup water (4 rice cooker measuring cups)

In rice cooker*, place steel cut oats and water; click to "cook" setting.

While oats are cooking, place thawed strawberries in a bowl and mash with a spoon until it is the consistency of a thick sauce. When oats are done, place the oats in the mixing bowl. Add yogurt, sliced bananas and stir.

*Make sure to ask for help from an adult when working with a rice cooker.

*Remember the rice cooker rule: liquid should always fill to the line ("1", "2" or "3") that matches the number of rice cooker cups (= 3/4 measuring cup) of rice/grains you added.

Food for Thought: Strawberries are a great source of Vitamin C. Vitamin C supports a healthy immune system. Did you know that strawberries are the only fruit that have seeds on the outside?!



Pump it Up: Get your heart pumping! Do the following exercises 10 times, rest and repeat! Jump up and down with both feet, hop on one foot, switch to the other foot, criss-cross, scissors, and finally do one last jump as high as you can!

