

Strawberry Banana Breakfast Split

Ingredients:

- 1 ½ cups Steel Cut Oats (2 rice cooker measuring cups)
- 2 Bananas
- 1 lb Frozen Strawberries (thawed)
- 2 cups Low-Fat Vanilla Yogurt
- 3 cups water (4 rice cooker measuring cups)

Directions: Place steel cut oats and water in rice cooker. 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 thick sauce. When oats are done, place oats in a mixing bowl. Add yogurt, sliced bananas and stir.



Pump it Up: Jump up and down with both feet, hop on one foot, then the other, jump so your feet crisscross, jump as high as you can. Repeat as many times as you can in a minute. Rest. Each week try to add another minute!



Food for Thought: Strawberries are a great source of vitamin C, which supports a healthy immune system. Did you know that strawberries have more vitamin C per pound than oranges?

Tasty Thoughts: _____

