Peanut Butter Banana Oatmeal

Three banana peanut oatmeal breakfast bowls · Active 15 min · Total 30 min

Skills: Cooking milk porridge gently and dividing one banana amount between mashed and sliced uses

Ingredients

- 1 7/8 cups plain old-fashioned rolled oats (150 g; weight controls)
- 1 1/2 cups milk (360 ml), or milk powder reconstituted according to label then measured
- 1 1/2 cups water (360 ml), plus up to 1/2 cup/120 ml extra if needed
- 2 medium ripe bananas (240 g peeled weight), divided
- 3 tablespoons smooth peanut butter (45 g)
- 1/2 teaspoon ground cinnamon (1 g)

Set out

Heavy saucepan, Fork and small plate, Wooden spoon, Knife and board

Allergens

milk, peanut. Check labels and substitutions.

Make it

1. Peel and weigh bananas. Mash half the fruit (120 g) on the plate and slice the remaining half for serving.

2. Put oats, milk, initial 360 ml water, mashed banana and cinnamon in the saucepan. Bring to gentle bubbling, lower heat and cook for 8–10 minutes or the oats' packet time, stirring often until tender. Add extra water gradually only if too stiff, up to 120 ml.

3. Remove from direct heat and stir peanut butter through until evenly distributed. Share all the porridge among three bowls and add one-third of the reserved banana slices to each. Serve warm.

No sweetened packet assumed

This starts with plain oats. The measured banana and peanut butter provide the flavor rather than a branded sachet.

Ingredient labels

Milk supplies milk and peanut butter supplies peanut. Oats may have wheat/barley cross-contact; read actual oat, milk-powder and butter labels.

A useful detail

The 30-minute total includes banana preparation and heating the milk-water mixture. Instant sweetened sachets and steel-cut oats need different recipes.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Refrigerate any saved banana topping with its porridge. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator; banana slices soften and darken.