

Trim Healthy
W I S D O M

Banana Bread Oatmeal (E or XO)

If you have a banana that needs to be used up because it's getting spots, and if your blood sugar seems to do just fine with a whole banana... make this breakfast! The banana mashed up into the oatmeal here boosts gut healing bifidobacterium and gives a lovely natural sweetness, so you only need to use 1 to 2 doonks of stevia... perhaps none at all if you don't have much of a sweet tooth. The generous amount of psyllium husk promotes and sustains a good PYY release to help with satiety and insulin cleanup. The nerdy amount of protein helps to clean and maintain your muscle mass and steadies blood sugar.

Single Serving

INGREDIENTS:

For the Oatmeal

- 2 Tbs old-fashioned rolled oats
- 2 Tbs quick oats
- 1 banana
- 2 generous pinches [TH Mineral Salt](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 3 Tbs [TH Optimized Plant Protein*](#)
- 2 - 3 tsp [TH Whole Husk Psyllium Flakes](#)
- 1 dash [TH Natural Burst Vanilla or Banana Extract](#) (optional)
- 1 ¼ cup water

For the *Cinnamon-Sweet Sprinkling*

- 1 Tbs [TH Gentle Sweet](#)
- cinnamon (generous sprinkle)

Your choice of *Standard Toppings*

(go easy on the goji berries since you have a full banana)



INSTRUCTIONS:

1. Put oats and banana into a small saucepan and mash the banana into the oats with a fork.
2. Add all other oatmeal ingredients. Stir well, then set heat to high to bring the oatmeal to a quick boil. Turn heat down to low and let simmer for a few minutes.
3. At this point, the oatmeal will not be fully thickened, but take it off the heat, stir again, and pour into your bowl. If using fresh blueberries, you can add them now and stir them in for a banana-blueberry bread effect, or just put them on top later with the rest of your toppings.
4. Top with the *Cinnamon-Sweet Sprinkling*, then go do something else for about 5 minutes, like making your bed or brushing your teeth. Once you come back, your oatmeal will be perfectly thickened. Now you can top with your choice of *Standard Toppings*, being mindful of E options since you already have a whole banana.

Protein Nerd Notes:

*If you prefer less hempy flavor in this recipe, reduce to just 1½ Tbs of [TH Optimized Plant Protein](#) and add a full serving of [TH Optimized Collagen](#) to your coffee.

Other Notes:

If you find your blood sugar doesn't sit well with this breakfast due to the whole banana, try adding ¼ - ⅓ tsp of [TH Glucic](#) to the oatmeal while cooking to help further slow the rise of blood sugar.