

## Healthy Oatmeal Breakfast (Breakfast)

### Ingredients:

- 1 cup rolled oats
- 2 cups milk or water
- 1 banana, sliced
- 1 tsp honey
- A pinch of cinnamon

### Instructions:

1. Combine oats and milk in a pot.
2. Cook over medium heat for 5-7 minutes.
3. Stir in banana, honey, and cinnamon.
4. Serve warm.