Sweet Morning Oatmeal Bowl

**Ingredients**

- 1/2 cup oats, quick cooking
- 1 cup water
- 1 pear, diced
- 1 banana, sliced
- 1/8 tsp nutmeg
- 1/2 tsp cinnamon

**Directions**

1. Place water into a small pot and bring to a boil on the stove.
2. Once the water is boiling, add oats and diced pear to the pot and reduce the heat so the mixture is simmering.
3. Cook uncovered until the pears and oats are soft, about 7-10 minutes. Stir occasionally.
4. Stir in banana. Add nutmeg and cinnamon and adjust to taste.

**More Tasty Options and Tips:**

**Creamy Oats**

- Add 2-4 tbsp low fat milk before serving
- Replace water with low fat milk

**Servings:** 1-2

**Total Time:** 10 minutes