

Zoats

4 servings

Vegetables provide important nutrients like vitamin A, vitamin C, potassium, folate (folic acid), and dietary fiber. It is important to eat a variety of vegetables because different vegetables provide different nutrients.



- 1 cup zucchini, gently rubbed under cold running water, shredded
- 2 cups water or low-fat milk
- 1 cup rolled or quick oats
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- 1 Tablespoon peanut butter (optional)
- 1 small banana, gently rubbed under cold running water, peeled and sliced (optional)
- 1 Tablespoon chocolate chips (optional)

1. Wash hands with soap and water.
2. In a medium-size microwave safe bowl, combine zucchini, water or milk, oats, cinnamon, and vanilla.
3. Microwave on high for 1 minute. Stir.
4. Microwave again for 1 minute. Stir. Continue microwaving and stirring until oats are soft.
5. Stir in peanut butter if desired. Top with optional banana slices and chocolate chips.
6. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/4 of recipe) Calories 83, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 8mg, Total Carbohydrates 15g, Dietary Fiber 2g, Sugars 1g, Protein 3g, Vitamin D 0%, Potassium 3%, Calcium 2%, Iron 5%