# Kids Protein Oatmeal: Creamy Banana Breakfast

Whisked egg whites and mashed banana create a smooth and glossy texture



| PREP | COOK | TOTAL | SERVES | CALORIES |
|---|---|---|---|---|
| 5 min | 12 min | 17 min | 2 bowls | 315 kcal |

## Ingredients

- 360 ml water
- 120 g rolled oats
- 1/2 tsp ground cinnamon
- 80 g egg whites, about 4 large
- 1 small banana, mashed
- 1 tbsp honey, optional
- 1 tbsp peanut butter, optional
- 15 g dark chocolate chips, optional
- fresh berries or chopped nuts, for topping, optional

## Instructions

1. Boil the oats: Pour the water into the saucepan and add the rolled oats and cinnamon. Bring the mixture to a gentle boil over medium heat. Stir occasionally to prevent the oats from sticking to the base.
2. Simmer until creamy: Reduce the heat to low. Simmer and stir frequently for 3–4 minutes. You want the oats to thicken and become creamy, which ensures a smooth texture.
3. Whisk the egg whites: Whisk the egg whites in a bowl until they form soft peaks. You must do this while the oats cook. This aeration keeps the final mixture smooth when you fold them in.
4. Incorporate the protein: Gradually pour the whisked egg whites into the simmering oats. Stir constantly and cook uncovered for 2 minutes. The mixture should look glossy and fully incorporated.
5. Stir in flavour: Stir in the mashed banana and honey if you are using it. Continue mixing until the oatmeal is homogeneous and fragrant. Fold in the peanut butter and chocolate chips until the butter melts.

6. Rest and serve: Remove the pan from the heat and cover it. Let the oatmeal stand for 1 minute to reach the desired thickness. Divide the mixture into two bowls and top with berries or nuts.

## Notes

What to serve with itServe this bowl with a small glass of unsweetened almond milk to add calcium. You can add a teaspoon of maple syrup or a sprinkle of honey for extra sweetness. Finish the dish with a dusting of ground cinnamon or a few grated dark chocolate shavings for a festive touch.

Storing and reheatingKeep cooled oatmeal in an airtight container in the freezer for up to 1 month. Thaw the portions overnight in the fridge. You can also reheat the mixture in a saucepan over low heat, stirring constantly until warmed through. Leave prepared oatmeal at room temperature for no more than 2 hours.