



Peanut Butter and Banana Oatmeal (Large Font)

You may use coconut, almond or soy milk as an alternative. Try different kinds of nut butters and fruits.

****Triple Recipe****

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Quick Oats	44.5 g
1/2 cup	Milk, low-fat or Almond Milk, unsweetened	120 mL
1/2 cup	Water	120 mL
1/8 tsp	Salt, Kosher	0.75 g
1/2 tsp	Cinnamon, ground	1.2 g
1/2 Tbsp	Peanut Butter, natural, no sugar added	8.4 g
1/2 each	Banana, sliced	1/2 each

Preparation:

Microwave Method:

1. Gather all ingredients and equipment.
2. Place oats, milk, and salt in a microwave safe bowl. Microwave on high for 1 minute.
3. Stir in all other ingredients.

Stove-top Method:

1. In a small sauce pot over medium-high heat, add oats and cook about 5 minutes or until golden brown, stirring frequently.
2. Next, remove pot from heat and add milk and water.
3. Place pot back over low-medium heat and add salt and cinnamon.
4. Cook for another 5 minutes, stirring frequently until most of liquid has evaporated.
5. Stir in peanut butter and top with banana slices and serve.
6. If oatmeal is too thick, add 1-2 tbsp of additional milk.

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1 cup****Servings** **1****Calories** 310

Calories from Fat 80

Total Fat 8 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated
Fat 0 g

Cholesterol 5 mg

Sodium 320 mg

Carbohydrates 49 g

Dietary Fiber 7 g

Sugars 15 g

Protein 12 g

Vitamin A 6 %

Calcium 20 %

Vitamin C 8 %

Iron 2 %

Phosphorus 130 mg
