



## Peanut Butter and Banana Oatmeal

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                                  | 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 and serve.

#### *Stove-top Method:*

1. In a small sauce pot 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.

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### Nutrition Facts

|                     |              |
|---------------------|--------------|
| <b>Serving size</b> | <b>1 cup</b> |
| <b>Servings</b>     | <b>1</b>     |
| <b>Calories</b>     | 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

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