

# Peanut Butter Oatmeal



The classic combination of peanut butter and bananas shines in this quick and nutritious breakfast.

Preparation Time: 10 minutes

- ½ cup dry oatmeal
- 1 TBS natural peanut butter
- 1 banana, sliced
- 1 TSP sugar

Cook oatmeal as directed. Add peanut butter, banana, and sugar. Mix together well.

Serves: 1

Nutritional Information per Serving:

Calories: 386  
Total; Fat: 11.2g  
Saturated Fat: 1.6g  
% of Calories from Fat: 26%  
Protein: 10.5g  
Cholesterol: 0mg  
Carbohydrates: 66mg  
Dietary Fiber: 8.3g  
Sodium: 62.6mg

Source: Fruits & Veggies More Matters