

Breakfast Bop - Microwavable

Serves 2

- ½ cup oats
- ¼ cup instant non-fat dry milk powder
- 1 cup water
- 1 banana
- 2 tablespoons peanut butter

1. In a large microwave safe bowl, mix oats with non-fat dry milk powder and water.
2. Cook in microwave for 3 ½ minutes.
3. Carefully remove bowl from microwave and mix in the peanut butter. Slice banana on top and serve.

Nutrition information: calories 266, total fat 10g, saturated fat 2g, sodium 341mg, carbohydrates 36g, dietary fiber 5g, protein 12g

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Healthy Tip
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• Breakfast is the most important meal
• of the day. Don't skip breakfast
• because you are always rushed in
• the morning. Adding peanut butter
• to your breakfast adds protein.
• Protein is important for building
• healthy tissue, such as muscle, and
• helps keep hunger away.
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