



Peanut Butter Oats with Banana

1 serving

5 minutes

Ingredients

- 1/2 cup Quick Oats
- 1 cup Water
- 2 tbsps All Natural Peanut Butter
- 1/2 Banana (sliced)

Directions

- 1 Add the oats and water to a small saucepan over medium heat. Bring to a boil then reduce the heat slightly to a steady simmer and cook, stirring occasionally for three to five minutes or until oats are tender and have thickened. Stir in the peanut butter.
- 2 Transfer the oats to a bowl and top with the banana slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Reheat with additional water or milk.

Nut-Free: Omit the peanut butter or use a seed butter instead, like sunflower seed butter.

More Flavor: Add cinnamon, honey, or maple syrup to taste.

No Banana: Use berries instead.