

HEARTY OATMEAL BREAKFAST

Prep Time: 2 minutes

Cook Time: 2 minutes

Included in Box:

- ½ c. oats, uncooked
- 1 T peanut butter

Additional Ingredients Needed:

- ½ tsp ground cinnamon

Directions:

1. Combine dry oats with 1 c. water in microwave safe bowl.
2. Microwave on high for 1 minute; remove and stir. Return to microwave for additional 30-60 seconds.
3. Add peanut butter and cinnamon; stir until well mixed.

Tip: Add fresh, frozen or canned fruit for extra flavor! Banana slices are a great addition, too.



Nutrition Facts*

Total Servings: 1
Serving Size: 1 c.
Calories: 248
Fat: 11 g
Sodium: 68 mg
Carbohydrates: 32 g
Fiber: 6 g
Protein: 8.5 g
Carbohydrate Servings: 2 ½

**Nutrient facts include dry instant oats, Jif creamy peanut butter, and ground cinnamon.*