

**Siv Sijhawm Ntev Li Cas Los Npaj:** 10 feeb

**Tagnrho Ntev Li Cas:** Ua hmo ua ntej, lossis luv kawg nkaus los yuav tsum yog 4 txoos teev

**Tej uas nyob hauv lub Thawv:**

- 2 ½ c. oats, tsis tau siav
- ¾ c. peanut butter
- 1 c. 1% kua mis

**Lwm Yam Uas Yuav Tsum Muaj:**

- 1 lub txiv apple, muab txhoov mos mos
- 1 tsp kua vanilla extract
- 1 tsp hmoov cinnamon

**Yuav Ua Li Cas:**

1. Muab cov peanut butter, 1% kua mis, cinnamon thiab kua vanilla extract tso rau hauv ib lub tais uas tso tau rau hauv microwave. Muab khwb thiab rhaub 15-30 second kom cov peanut butter muag. Do kom ntxaws ntxaws.
2. Thiab muab cov txiv apple txhoov thiab cov oat qhuav tso nrog cov peanut butter ntawd. Do kom sib xyaws.
3. Muab cov uas tov tau ntawd tso rau hauv ib lub tais ci me thiab nias kom du thiab pluav pluav.
4. Muab tso ib hmos hauv taub yees (lossis luv tshaj 4 txoos teev). Muab hlais kom sib npaug ua tau 12 tug.

**Tswvyim Ntxiv:** Noj nrog cov yogurt tsis qab zib, tsis muaj-roj ntau kom thiaj noj protein ntau dua thiab haj yam qab dua!



### Muaj Dabtsi Nyob Rau Hauv\*

**Txaus Noj Tsawg Zaus:** 12

**Ib Zaug Noj Npaum Cas:** 1 bar

**Cov Calorie:** 162

**Roj:** 8.5 g

**Ntsev:** 69 mg

**Cov Carbohydrate:** 18 g

**Fiber:** 3 g

**Protein:** 6 g

**Muaj Carbohydrate Npaum Cas Rau**

**Ib Zaug:** 1

*\*Tej uas qhia tias muaj dabtsi nyob rau hauv yog hais txog cov instant oat qhuav, Jif creamy peanut butter, 1% kua mis, 1 lub txiv apple me (2 ¼"), kua vanilla extract thiab cov hmoov cinnamon.*