

Recipe

Fruit and Oatmeal Breakfast Bowl



Prep: 5-10 minutes
Cook Time: 10 minutes



Easy



Serves: 1-2

Ingredients:

- 1 cup of fruit ex. Sliced apples, bananas or berries
- ½ cup milk
- ½ cup water
- ½ cup oatmeal
- 1 Tbsp. peanut butter

Directions:

1. Cook oatmeal:

- Stovetop: Bring the water and milk to boil then reduce the heat to low and pour in the oats. Allow them to cook until they thicken and absorb all the liquid, about 5 minutes.
- Microwave: Mix the oats, milk, and water in a microwave safe dish for about 2 minutes or until reach desired consistency.

2. Pour oatmeal into bowl and stir in peanut butter

3. Top with fruit

