

Apple Peanut Butter Oatmeal

Ingredients:

- 1 apple
- 2 tablespoons chunky peanut butter
- 1/4 teaspoon cinnamon
- 1 cup quick cooking oats
- 1 cup water
- 2 tablespoons brown sugar, packed

Equipment:

- Cutting Board
- Microwave
- Microwave safe bowls
- Spoon

Number of Servings: 2
 Preparation Time: 10 minutes
 Total time: 10 minutes

Directions

1. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces. Add to microwave safe bowl.
2. Mix together chopped apple, peanut butter, cinnamon and water into large microwave safe bowl.
3. Microwave on high for two minutes, stir. Microwave on high one more minute.
4. Add brown sugar and oatmeal. Wait until thick.



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Nutrition Facts

Serving Size: 1 cup
 Servings: 2

Amount Per Serving

Calories 334 Calories from Fat 99

%Daily Value*

Total Fat 9g 17%

Saturated Fat 2g 10%

Cholesterol 0mg 0%

Sodium 89mg 4%

Total Carbohydrate 55g 18%

Dietary Fiber 7g 29%

Protein 10g 21%

Vitamin A 2% Vitamin C 7%

Iron 14% Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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