



35 min



Serves 1 -2



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INSTANT OATMEAL WITH FROZEN FRUITS AND PEANUT BUTTER

Ingredients:

1 pack of instant
oatmeal

$\frac{1}{2}$ - $\frac{3}{4}$ cup of water or
milk

1 tbsp peanut butter
(or other nut butter)

$\frac{1}{2}$ cup frozen fruits

Directions:

1. Follow the directions on the instant oatmeal pack (if using regular oats, boil 1 cup of water and add $\frac{1}{2}$ cup of oats, simmer on low-medium heat and stir occasionally until absorbed).
2. If you like, add a splash of regular milk or fortified non-dairy beverage (e.g., soy, almond, oat or rice milk)
3. Add peanut butter with the cooked oats.
4. Mix in frozen fruits or add them on top. Enjoy your healthy breakfast or snack!

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Notes

Other nut butters (e.g., almond, sunflower, hazelnut or WOW butter) can be substituted for Peanut Butter.



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Youtube: [@freshwestern](https://www.youtube.com/freshwestern)
Email: fresh@uwo.ca