

## **Peanut Butter and Banana Oatmeal**

### Ingredients

- ½ cup quick oats
- ½ cup low fat milk or unsweetened milk alternative
- ½ cup water
- ¼ teaspoon Kosher salt
- ½ teaspoon cinnamon
- ½ Tablespoon peanut butter, no sugar added
- ½ banana

### Supplies

- Microwave safe bowl
- Spoon
- Sharp knife
- Cutting board
- Microwave

### Steps

1. Cut the banana in half. Peel one half and save the other half.
2. Cut peeled banana into half inch slices.
3. Cook oatmeal. Put oatmeal, milk, and salt in bowl. Microwave for 1 minute.
4. After cooked, stir in the rest of the ingredients.

Now that we have all of our ingredients and supplies ready, let's make some oatmeal.

- To start, cut the banana in half. Peel the half you are going to use and cover the other half and put it in the refrigerator for another time.
- Cut the peeled banana into half inch slices.
- Put the oats, milk, and salt in the microwave safe bowl. Microwave on high for 1 minute.
- After the oatmeal is cooked, stir in the sliced banana, cinnamon, and peanut butter.