



PB&J Oatmeal

Ingredients

- 1/4 cup rolled oats
- 1/4 cup berries, choose your preference
- 1/2 cup water
- 1/2 scoop protein powder, choose your preference
- 1 tbsp powdered peanut butter
- 1 tbsp all-natural peanut butter



Directions

1. Place the berries in a microwave-safe bowl and microwave for 30 seconds.
2. Remove and smash the berries with a fork.
3. Add oats, water, protein powder, and powdered peanut butter.
4. Microwave the mixture for 2 1/2 minutes.
5. Stir and top with peanut butter. Add more berries for taste preference.

Nutritional Facts

Recipe serves 1

Calories: 317

Fat: 12.7 g

Carbs: 29.4 g

Protein: 23.6 g