

Peanut Butter Oatmeal

Oatmeal is easy, inexpensive and healthy. It has a lot of fiber, which is something most kids don't get enough of. When you make it with milk, it also has a lot of protein to help your child make it to the next mealtime without feeling hungry.

Makes 1 bowl of oatmeal (enough for an adult and a small child to share depending on appetites)

Takes 5 minutes or less

Ingredients

- 1 microwave safe bowl
- 1 cup quick oats
- 1 cup milk
- 2 Tablespoons peanut butter

Instructions

1. Place all ingredients in a microwave safe bowl.
2. Cook for about 2 minutes until oatmeal has absorbed some milk and the peanut butter is melted.
3. Stir and eat! Oatmeal will thicken as it cools.
4. If you like your oatmeal sweeter, add about 1 teaspoon of sugar on top. This is also really yummy with mini chocolate chips sprinkled on top.

TIPS

1. Oatmeal has a tendency to flow over the sides of the bowl in the microwave. If this happens to you, I'm sorry! This is how to prevent it happening next time. Turn the power on your microwave to 50 percent and increase the time by 1-2 minutes.
2. If you are using regular rolled oats, you will need to increase the cooking time. It is almost impossible to cook regular rolled oats in milk without them spilling over the top UNLESS you turn the power on your microwave down to about 50 percent.

