Breakfast Bop - Microwavable

Serves 2

- ½ cup oats
- ¼ cup instant non-fat dry milk powder
- 1 cup water
- 1 banana
- 2 tablespoons peanut butter

1. In a large microwave safe bowl, mix oats with non-fat dry milk powder and water.

2. Cook in microwave for 3 ½ minutes.

3. Carefully remove bowl from microwave and mix in the peanut butter. Slice banana on top and serve.

Nutrition information: calories 266, total fat 10g, saturated fat 2g, sodium 341mg, carbohydrates 36g, dietary fiber 5g, protein 12g

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**Healthy Tip**

Breakfast is the most important meal of the day. Don't skip breakfast because you are always rushed in the morning. Adding peanut butter to your breakfast adds protein. Protein is important for building healthy tissue, such as muscle, and helps keep hunger away.