



## POW OATMEAL

### Nutrition Facts

Serving Size: SERVING  
Serving per Container: 1

Amount Per Serving

Calories: 267

Calories from Fat 43

% Daily Value\*

**Total Fat 4.8g**

7%

Saturated Fat 1.8g

9%

Trans Fat 0.0g

**Cholesterol 13mg**

4%

**Sodium 142mg**

6%

**Total Carbohydrate 42.0g**

14%

Dietary Fiber 4.1g

16%

**Protein 14.9g**

30%

Vitamin A 9%

Vitamin C 3%

Calcium 37%

Iron 9%

\*Percent Daily Values are based on a 2,000 calorie diet.

# Peanut Butter, Banana & Honey Oatmeal

( Makes 2 cups = 2 servings)

- 1 cup rolled oats
- $\frac{3}{4}$  cup low-fat milk
- 1 Tablespoon Peanut Butter
- 1 Banana
- 1 Tablespoon Honey

### Directions:

1. In a saucepan combine the milk and oats.
2. Cook on medium heat for 5 minutes, stirring occasionally.
3. Remove from the heat and stir in the peanut butter.
4. Top with sliced bananas and honey. Yum!