



Dash
of
Wellness

Peanut Butter-Chocolate Oatmeal

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½ cup old-fashioned oats 1 Tbsp. unsweetened cocoa
1 cup low fat or non-fat milk powder
1 Tbsp. creamy peanut butter Fruit (*optional*)

Directions

1. Wash hands with soap and water. Add oats to a microwave-safe container. Top with milk.
2. Microwave uncovered for 2 minutes or until milk is absorbed and oats are cooked. (*cooking time may vary depending on microwave wattage*)
3. Stir in peanut butter and cocoa powder until smooth. Add more liquid if the mixture is dry. Top with fruit. Enjoy! **Yield:** 1 Serving

Tips:

- *Make celiac disease friendly by using gluten free oats*
- *For a less creamy mixture use water instead of milk*
- *If too bitter, add a teaspoon of honey or top with more fruit to bring out the sweetness*

Nutrition Facts (per serving without fruit): 350 calories, 12 grams fat, 150 milligrams sodium, 45 grams carbohydrate, 7 grams fiber, 18 grams protein

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