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**PB&J OATMEAL**

With luscious, fiber-rich rolled oats, protein-packed peanuts, and brain-boosting berries, this deconstructed PB&J-inspired bowl of goodness puts boring breakfast cereals to shame! Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* ½ banana, chopped or if using frozen, mashed
* ½ cup frozen berries, thawed
* 1 ½ Tbs. raw peanuts, chopped

**Method:**

1. Add oats of a jar or bowl.
2. Pour boiling water over the oats, cover and let sit for 5 minutes.
3. Add banana and berries.
4. Top with chopped peanuts.
5. Stir to mix and enjoy.