

# Healthy Recipes



## Peanut Butter & Berries Oatmeal Bowl

## Nutritional Info



Serving Size: 1 Bowl

Calories: 356

Fat: 15g

Carbohydrates: 54g

Sugar: 8g

Sodium: 10mg

Fiber: 9g

Protein: 12g

Cholesterol: 0mg

## Method

**Prep time: 5 minutes**

**Total time: 15 minutes**

**Makes: 2 Servings**

1. Bring 1 cup of water to a boil. Add in half a cup of rolled oats. Reduce heat and stir occasionally for 10-15 minutes until oatmeal reaches desired consistency.
2. Remove from heat. Stir in the cinnamon, stevia and peanut butter.
3. Place oats into bowl and add in raspberries, blueberries and coconut flakes. Enjoy!

## Ingredients

- ♥ 1 cup Oats
- ♥ 2 cups Water
- ♥ 1/2 cup Raspberries
- ♥ 1/2 cup Blueberries
- ♥ 2 tbsp All Natural Peanut Butter
- ♥ 2 tbsp Unsweetened Coconut Flakes
- ♥ 1 1/3 tbsp Stevia Powder

**Helpful Hint:** *If you are short on time in the morning you can put 2 cups of water and 1 cup of oats in a bowl and microwave it for 4 minutes at a 50% power level. Then continue with steps 2 & 3.*

