



Peanut Buttery Oatmeal

Number of servings: 4

Serving size: ½ cup

Equipment:

Stovetop

Ingredients:

- 1 ½ cups oats, cooked
- ¼ cup peanut butter (any nut butter may be substituted)
- 1 Tablespoon 1% milk
- 2 teaspoons honey
- 1 large apple cored and sliced

Directions:

Mix nut butter, milk and honey. Combine with oatmeal and stir well. Spoon into 4 bowls and add apple slices to each bowl.

Cost per recipe: \$2.06

Cost per serving: \$0.51

MyPlate servings: ½ serving of grain, ½ serving of fruit, 1 servings of protein

Pump it Up: Put a bag of flour or cornmeal on the floor – squat down to pick it up and raise it above your head then put it back on the floor 10 times!

Food for Thought: Peanuts are not actually nuts! This protein-rich food is actually a legume (same family as peas and lentils). Peanuts are a good source of protein and heart-protecting fats!

Nutrition Facts

Serving Size 1/4 cup
Serving Per Container 4

Amount Per Serving

Calories 191

% Daily Values*

Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Potassium 223mg	6%
Sodium 77mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>