

# Peanut Butter Oatmeal

## Ingredients:

- 1 ½ cups steel cut oats, cooked
- ½ measuring cup nut butter
- 2 tbsp milk
- ¼ cup honey
- Apple slices

**Directions:** Mix nut butter, milk & honey. Combine with oatmeal & stir well. Spoon into 12 bowls & add apple slices to each bowl.



**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!

Tasty Thoughts: \_\_\_\_\_  
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