Banana, Peanut Butter, and Maple Oatmeal

This quick and easy oatmeal is a dairy-free way to add extra calories and protein to your day.

Ingredients:

| ⅓ cup | Quick oats | 75 mL |
|---------------------------------|---|----------|
| ² / ₃ cup | Water | 150 mL |
| 2 Tbsp | Peanut butter | 30 mL |
| 1 tsp | Maple syrup | 5 mL |
| 1 medium | Banana, peeled and sliced | 1 medium |
| ¹∕₂ cup | Fortified soy beverage | 125 mL |
| | (or other plant-based beverage such as almond or coconut) | |

Directions:

- 1. Combine oats and water in a bowl and stir.
- 2. Cook in microwave until oats are soft and thick. Stop to stir every 30 seconds.
- 3. Stir in peanut butter and maple syrup. Top with banana and soy beverage, and serve.

Makes 1 serving (250 mL/ 1 cup/ 465 g)

| Amount | % Daily Value |
|------------------------------|---------------|
| Calories 490 | |
| Fat 20 g | 31 % |
| Saturated 3 g + Trans 0 g | 15 % |
| Cholesterol 0 mg | |
| Sodium 80 mg | 3 % |
| Carbohydrate 64 g | 10 % |
| Fibre 8 g | 8 % |
| Sugars 21 g | |
| Protein 19 g | |
| Vitamin A | 20 % |
| Vitamin C | 15 % |
| Calcium | 20 % |
| Iron | 30 % |

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