

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:

1/3 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 (or other plant-based beverage such as almond or coconut)	125 mL

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)

Nutrition Facts	
Per 1 recipe (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 %