

Breakfast | Snack

PB&J and Apple Oatmeal

Side Effect: Diarrhea

5 Mins
Prep Time

3 Mins
Cook Time

1
Serving

 **357 Calories** **14g Fat** **54g Carbs** **10g Protein**



Ingredients

 **1 Serving** • **1 Bowl** Serving Size  **8 Mins** Total Time  **Allergens: Nuts, Gluten**

½ Cup Old Fashioned Oats 

1 Cup Vanilla Almond Milk, unsweetened

½ Cup Apple, **washed** and diced

1 Tbsp Peanut Butter 

1 Tbsp Strawberry Jelly

Sprinkle of Ground Cinnamon, optional

Allergen Swap

Nuts Omit peanut butter and replace with SunButter®; Replace almond milk with a nut-free milk alternative (oat, soy, cow's milk)

Gluten Oats are naturally gluten-free, but for those with celiac disease, certified gluten-free oats may be necessary.

Nourishment Note



Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.



Peanut Butter

Peanut butter is rich in healthy monounsaturated fats and vitamin E, an antioxidant. It is also a good protein source, which is important since protein needs may be elevated when undergoing cancer treatment.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Oatmeal

Prepare oatmeal per the package directions using ½ cup old fashioned oats and 1 cup vanilla, unsweetened almond milk.

3. Combine Ingredients & Enjoy

Once prepared, swirl in peanut butter and jelly. Top with diced apples and a sprinkle of cinnamon. Enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe adapted from quakeroats.com

What You'll Need



Bowl



Spoon



Measuring Cups



Measuring Spoons



Knife



Cutting Board

Fatigue Buster

- Use a small cookie scoop to scoop peanut butter and jelly.