

Breakfast

Peanut Butter Raspberry Power Oats

1 Min
Prep Time

6 Mins
Cook Time

1
Serving

 **375 Calories** **15g Fat** **53g Carbs** **13g Protein**



Ingredients

 **1 Serving**  **6-7 Mins Total Time**  **Allergens: Nuts**

 **½ Cup** Old Fashioned Oatmeal

 **1 Cup** Water

 **1 Tbsp** Peanut Butter

 **1 Tbsp** Chia Seeds 

 **½ Cup** Raspberries, **washed** 

 **½ Tbsp** Honey

Allergen Swap

Nuts Replace Peanut Butter with Sunflower Butter

Nourishment Note



Raspberries

Berries provide a great source of antioxidants. Antioxidants help rid the body of free radicals, which can cause harm to your cells. They are also important for immune function.



Chia Seeds

Chia seeds are high in protein, fiber, and omega-3 fatty acids. Both fiber and healthy fats have shown to aide in reducing inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Boil Water

Boil water, add oatmeal and allow to cook for 5 minutes.
Stir frequently.

3. Combine Ingredients

Remove oats from heat, stir in peanut butter and chia seeds.

4. Serve and Enjoy!

Top with raspberries and honey.

5. Clean Up

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Saucepan



Spoon



Measuring Cup



Measuring Spoon

PD Cooking Tips

- Use quick oats for a faster cooking process with less stirring.
- Use frozen raspberries for convenience.