

Microwave Apple Oatmeal with Peanut Butter

Prep Time: 2 Min Cook Time: 3 Min Total Time: 5 Min



SERVINGS: 1

Nutritional Facts

Serving Size: 1.25 cups

Amount Per Serving

Calories 302 Calories from Fat 60

% Daily Value*

Total Fat 7g	10%
Saturated Fat 1g	4%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 154mg	7%
Total Carbohydrate 56g	18%
Dietary Fiber 8g	34%
Sugars 29g	

Protein 7g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 apple
- 1/3 cup oats
- 2/3 cup unsweetened almond milk
- 1 tsp maple syrup
- 1/4 tsp cinnamon (or more)
- 1/2 tbsp reduced fat peanut butter

Directions

- 1 Spray a bowl with cooking spray to prevent sticking. Chop the apple and add to the bowl. Microwave for 1-2 minutes until just tender. Make sure to use a large bowl so the oatmeal doesn't bubble over when cooked.
- 2 Add the oatmeal, almond milk, maple syrup, and cinnamon. Return to the microwave for 2:30-3:00 minutes until oatmeal is tender and milk is absorbed. Cooking times vary by microwave.
- 3 Top with peanut butter. Usually, I melt it for 10 seconds first so that I can drizzle it over the top.

Notes



5 WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

