

APPLE CINNAMON OATMEAL

Serves 1

**NUTRITION INFORMATION PER SERVING:
345 CALORIES, 43 G CARBOHYDRATE,
15 G FAT, 16 G PROTEIN**

½ cup rolled oats

½ cup skim milk

¼ cup diced apple

1 tsp fresh ginger, grated

½ tsp cinnamon

1 Tbsp peanut butter

1 Tbsp pumpkin seeds (shelled)

DIRECTIONS:

1. In a bowl, combine the oats, milk, apple and ginger.
2. Microwave on high for 2 minutes.
3. Sprinkle with cinnamon and top with peanut butter & pumpkin seeds.

