

## Peanut Butter Cup Oatmeal

### Ingredients:

½ cup (40g) rolled oats

1 cup water

pinch of salt

½ medium banana, sliced into thin pieces

1 tsp vanilla extract

1-½ tsp unsweetened cocoa powder (my favorite is Penzeys Spices Dutch Process High Fat Cocoa... so rich)

¼ tsp cinnamon

1 tsp stevia

1 tbsp (17g) peanut butter (my favorite is Trader Joe's Valencia PB with Roasted Flax Seeds)

### Directions:

In a medium size pan, heat the oats, water, and salt over medium heat. Once the mixture begins to simmer, approximately 5-6 minutes, stir in the sliced banana. Continue to stir until the banana breaks down and the mixture thickens. Add the vanilla, cinnamon, cocoa powder, and stevia, and stir until incorporated.

I really like the texture and thickness that the banana adds. Once it cooks down, you don't really have many banana chunks, but just a hint of banana bread type flavor throughout and thick, creamy oats. If you would prefer to omit the banana flavor, or reduce calories, you can definitely leave the banana out. This is more of a personal preference.

Pour oats into a serving bowl and top with peanut butter.