

Peanut Butter & Banana Steel Cut Oats

2 SERVINGS 35 MINUTES



INGREDIENTS

1 tsp Coconut Oil
1/2 cup Steel Cut Oats (dry, uncooked)
1 cup Water
1 cup Plain Coconut Milk (from the can or carton)
1 Banana (medium, ripe and mashed)
1 tsp Vanilla Extract
1/4 cup All Natural Peanut Butter
1 tbsp Maple Syrup

DIRECTIONS

- 01 Melt the coconut oil in a medium pot with a lid over medium heat. Add the oats and toast in the coconut oil for about a minute until oats are fragrant.
- 02 Carefully add the water and the coconut milk to the pot and then stir in the mashed banana and vanilla. Cover with a lid and reduce the heat to medium-low. Let simmer for 25 to 30 minutes or until the oats are tender, stirring frequently to prevent burning.
- 03 Stir in the peanut butter and maple syrup. Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

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| Calories | 507 | Carbs | 62g |
| Fat | 25g | Protein | 12g |