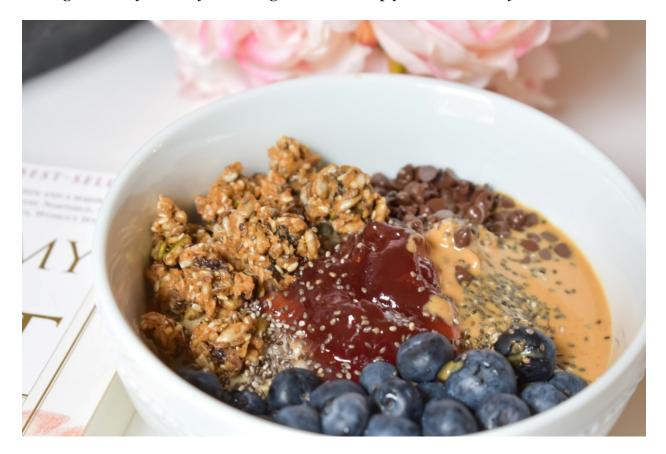


Butter & Jelly Oatmeal Bowl

Here, the comforting flavors of raspberry and oatmeal are combined to create a breakfast you'll want to get up for. Meticulously planned ingredients like peanut butter and jelly with little mini morset chocolate chips, granola sprinkled with chia seeds together they for a myriad of ingredients to help you create a <u>tasty.balanced.fast</u>.



- Prep Time: 10 minutes
- Cook Time: 5 minutes
- Total Time: 15 minutes
- Serving: 1

Ingredients

- 40g Organic Oatmeal
- 1 cup Almond Milk
- 22g Fruit and Seed Organic Granola
- 10g Pure Protein Powder Churro Flavor
- 30g Fresh Raspberry Preserves (Jelly)
- 16g Organic Crunch Unsalted Peanut butter
- 50g blueberries

Instructions

- 1. Prepare 1 cup milk, add 40g of oatmeal and cook. (depending on preference you will eye consistency. I personally love oatmeal a bit more watery)
- 2. Once oatmeal is cooked, begin to add your side of raspberry, peanut butter, chocolate chip, blueberries.
- 3. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- Serving Size: 1/5
- Carbohydrates: 55g
- Fat: 22g
- Protein: 46g
- Fiber: 8g

- Calories: 597 Sodium: 1019mg Sugar: 3g
- Iron: 5%