**Peach Oatmeal**

Prep Time: 10 minutes

Servings: 1

**Ingredients:**

* ¼ cup oats
* ⅓ cup water, milk, or plant milk\*
* 5 slices canned peaches
* ⅛ cup juice from peach can
* ⅛ teaspoon cinnamon
* 1 tablespoon of peanut butter

**Optional Ingredients (not typically offered at cougar pantry, but may help enhance flavor):**

* ⅛ teaspoon vanilla extract
* ½ teaspoon honey or agave
* ¼ cup granola or chopped nuts

**Directions:**

1. In a bowl, add oats, water or milk, and peaches with juice.
2. Microwave for 2 minutes then stir. Microwave for an additional 2 minutes and stir. If needed, continue to microwave in one minute intervals until cooked.
3. Once cooked, add peanut butter, cinnamon, and other optional ingredients (if applicable).

\*Plant milk includes oat milk, almond milk, soy milk, coconut milk, cashew milk, rice milk, hemp milk, pea milk, and macadamia nut milk.

Peach oatmeal is a filling, comforting, and energy filled food! It is perfect for breakfast, although it can be eaten any time throughout the day (for lunch, dinner, or a snack). This meal is packed with complex carbohydrates, protein, and healthy fats to keep you energized and satisfied for hours, which is why it's a powerful breakfast option. Cougar pantry often offers apples and other fresh fruits on Mondays, which may be added with, or as a replacement to, the canned peaches. If craving something sweet for a dessert, try adding 1 teaspoon of brown sugar, or even a scoop of vanilla ice cream!

Recipe adapted from: <https://www.food.com/recipe/peach-oatmeal-117412>