

LET'S COLOR OUR BREAKFAST


The perfect oatmeal with peaches



Ingredients:

- 1 cup quick oats
- 1 cup low-fat milk
- 1/2 teaspoon cinnamon
- 1/2 cup chopped peaches
- 1 teaspoon honey (optional)

Preparation:

- Place quick oats, milk, cinnamon, and peaches in a large,  microwave safe bowl.
- Cook for one minute, then stir.
- Cook for an additional minute.

*Garnish oatmeal with extra peaches and a sprinkle of cinnamon. Drizzle with honey, if desired.



This recipe will only take 3 minutes of your time! Enjoy your delicious and powerful breakfast!