

No Oat Oatmeal

INGREDIENTS:

- ½ banana
- sprinkle of cinnamon
- scoop of almond butter
- 2 eggs (only 1 yolk)
- Milk of choice
- Berries, nuts (optional)

PROCESS:

- Mash banana
- Add cinnamon and almond butter
- Mix well in a microwave safe bowl (mix and mash with a fork or spoon)
- Add in eggs and stir well
- Microwave for 1 minute, stir well
- Microwave for 1 more minute
- Add berries, nuts, milk of choice

Note: if using frozen berries; microwave the second time for 30 seconds, add the berries and microwave another 30 seconds.

*This can also be made on the stove in a small saucepan.