

Blended PB&J Oats

THM Friendly – E

This makes two servings. You can cook the oatmeal and eat one serving now and put the second one in the fridge. Or you can just mix up the ingredients and put them both in the fridge overnight. Either way, you want to let the topping "set" before eating.

Ingredients for the oats:

- 1 cup oats
- 2 Tbsp. THM Baking Blend (no substitute)
- 3 Tbsp. THM Creamy Dreamy or Whey Protein
- 2 cups unsweetened nut milk
- 1 cup water
- 1 tsp. vanilla extract
- 1/2 tsp. mineral salt
- 2 tsp. THM Super Sweet (or more to taste)



Put all these ingredients in a blender and zing up. Pour this mixture into a small saucepan and heat for 5-6 minutes.

Ingredients for the topping:

- 2 tsp. coconut oil melted
- 2 tsp. peanut powder
- 2 Tbsp. sugar-free jam or 6-8 mashed berries

Spoon your oatmeal mixture into a mug or pint jar. Let cool a bit. Top each jar with 1 Tbsp. of jam or half of the blended berries. Try to get the top as flat/smooth as possible. You don't want divots. Melt the coconut oil and immediately stir in the peanut powder. Don't let this get cold/hard before spooning onto your oatmeal. Pour half of the coconut oil/peanut flour topping over each jar to cover the fruit. Let the topping "harden" so that it is crunchy when you dip into it. Eat your oatmeal with a bit of topping with each bite.

You can switch out the peanut flour in the oats for cocoa powder if you'd rather have chocolate flavor rather than peanut butter.

enJOY!

