Blueberry Banana Oatmeal

1/2 cup dry rolled oats
3/4-1 cup skim or almond milk
1 teaspoon peanut butter

1/3 cup blueberries, washed
1/2 medium banana
1/2 teaspoon cinnamon

Instructions: Place dry rolled oats in a microwave-safe bowl. Add skim or almond milk to the oats. Microwave the oat and milk mixture on high for 2-2 1/2 minutes. Let it sit in the microwave for 1 minute. Mix the peanut butter into the mixture so that it lightly coats the oats. Next add the banana and blueberries into the oats, using a fork to gently mash the banana into the oats. Add cinnamon to the mixture and mix so it is evenly distributed. Serve immediately.

Yield: 1 serving

Nutritional analysis: 360 calories, 6 grams fat, 130 milligrams sodium, 62 grams carbohydrate, 9 grams fiber, 16 grams protein