APPLE PUMPKIN OATMEAL

1/3 C. oats
1 C. water
1/3 C. almond milk
1 tsp. vanilla extract
1/2 banana, thinly sliced
1/3 C. pumpkin puree
1/4 C. apple, chopped
1 T. peanut butter
Cinnamon

Combine oats, vanilla, water, and almond milk in a small saucepan. Heat this over medium heat for a few minutes, until the liquid starts to boil. Using a fork, whisk the banana into the oats. Once the banana is smooth (or maybe with few lumps), add the pumpkin. Give it a stir and cook until most of the liquid has been absorbed and oats reach desired consistency. Pour oats into a bowl, top with cinnamon, apples and peanut butter.

NUTRITION FACTS: Serving size: 1/2 cups per serving, 2 servings