

Trim Healthy
W I S D O M

Peanut Powered Oatmeal (E or XO)

This is another tasty way to enjoy oatmeal in a completely dairy-free fashion, and it's especially wonderful if you're a fan of peanut-flavored treats.

Single Serving

INGREDIENTS:

- 3 Tbs old-fashioned rolled oats
- 3 Tbs quick oats
- 1½ Tbs [TH Pressed Peanut Flour](#)
- 3 Tbs [TH Optimized Plant Protein](#)
- 2 generous pinches [TH Mineral Salt](#)
- 2 doonks [TH Pure Stevia Extract Powder](#)
- 1 Tbs [TH Gentle Sweet](#)
- 2 – 3 tsp [TH Whole Husk Psyllium Flakes](#)
- 1½ - 1¾ cup water

Toppings

- Sugar-free natural peanut butter in E or XO amounts or 2 Tbs *Optimized Peanut Spread* plus any other chosen *Standard Toppings*.



INSTRUCTIONS:

1. Put all ingredients except toppings in a small saucepan. Stir well, then set to high and bring to a quick boil. Turn heat down to low and let simmer a few minutes, then take off heat and stir once again.
2. Transfer oats to a breakfast bowl and go do something like make your bed or brush your teeth or something else for about 5 minutes. Once you come back, your oatmeal will be perfectly thickened and ready for toppings.

3. Top with sugar-free peanut butter or *Optimized Peanut Spread*, then other *Standard Toppings* of your choice to create your E or XO.

Protein Nerd Notes:

You have plenteous amounts of leucine and protein here for your Protein Nerd Level 3 lean body mass requirements. If you don't enjoy the flavor of the full 3 Tbs amount of the [TH Optimized Plant Protein](#), feel free to reduce that to 1½ Tbs and use a full serving of [TH Optimized Collagen](#) in your coffee.