Quick & Easy Peanut Butter Oatmeal

**Ingredients**

- 1/3 cup oatmeal
- 2 teaspoons ground flaxseed, optional
- 1/4 teaspoon salt
- 2/3 cup water
- 1/4 cup egg whites
- 1 tablespoon peanut butter
- 1 teaspoon brown sugar
- Ground cinnamon
- Milk, as needed

**Instructions**

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1. Place oats in microwave-safe container that can hold at least 4 cups.
2. Stir in the flaxseed and salt
3. Whisk together the water and egg whites, pour over the oats, and stir gently until just combined. Microwave on medium for 4-6 minutes (depending on strength of your microwave).
4. Remove bowl from the microwave and stir in the peanut butter, sugar and cinnamon. If the oatmeal becomes too stiff, soften with a small amount of milk. Serve warm.

**Categories:**

- Oatmeal
- Eggs