

## 5-min Breakfast/Snack-On-The-Go



### What?

1. Old Fashioned Oatmeal – one handful
2. Banana – 1
3. Pumpkin Pie spice/cinnamon/nutmeg – as desired
4. Oat milk – 1 cup

### How?

Blend all ingredients in a blender, pour into favorite cup and head out ( or relax and enjoy )