Peanut Butter Banana Breakfast Couscous

2 breakfast bowls · Active 10 min · Total 15 min

Skills: Easy

Ingredients

- 2/3 cup fine quick-cooking couscous (115 g)
- 3/4 cup milk (180 ml)
- 1/4 cup water (60 ml)
- 2 tablespoons smooth peanut butter (32 g)
- 1/4 teaspoon ground cinnamon
- 1 ripe banana, sliced (120 g peeled)
- 1 pinch fine salt

Set out

Small saucepan, Heatproof bowl with lid, Fork

Allergens

Wheat, Milk, Peanut. Check labels and substitutions.

Make it

1. Put couscous and salt in the heatproof bowl.

2. Heat milk and water in the saucepan, stirring, until just simmering. Pour over couscous, cover and stand for 5 minutes.

3. Fluff with a fork, then fold in peanut butter and cinnamon until evenly distributed.

4. Divide between bowls and top with banana. Serve immediately.

Measure in the serving bowl

A marked camping mug can measure liquid, but use a proper dry measure or scale for couscous until you know the portion. Too much grain makes a dry breakfast.

A useful detail

Couscous brands absorb differently; add 1–2 tablespoons warm milk if the finished grains seem dry.

Keep it well

Best fresh. Refrigerate leftovers without banana within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C with a splash of milk and add fresh banana after heating.