



Dark Chocolate Oats

Here's a deliciously decadent twist on your standard bowl of oatmeal: Stir in antioxidant-rich cocoa powder for rich, chocolate flavor and top off the creamy whole grain oats with sweet berries. You'll feel like you're eating dessert for breakfast!

Ingredients:

1/2 cup old-fashioned oats (may substitute 1/4 cup steel cut oats)*
1.5 teaspoon unsweetened cocoa powder
1/2 - 1 teaspoon sugar or maple syrup/honey (optional)
1/4 teaspoon vanilla extract
3/4 cup berries, fresh or frozen (thawed) or other fruit
2 Tablespoons of nuts of choice.
Sprinkling of salt

Preparation:

Prepare the oats with cow's milk or soymilk according to package directions.

Stir the cocoa powder, sweetener, salt and vanilla extract into the prepared oatmeal. Top with berries and nuts.

*Note: For celiac disease, choose oats that are certified gluten-free

Compliments of Joy Bauer