



## **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*