CHOCOLATE *oats*

The perfect time to get in some good healthy carbs is early in the day. I absolutely love a piping hot bowl of oats on a cold winter's morning!

Oats are rich in carbs and fiber. They are also higher in protein than most other grains and provide many vitamins and minerals. They are loved by our healthy gut bacteria and a healthy gut means a healthier immune system.

There are so many creative ways to change up your oats and keep them diverse and interesting. Enjoy this chocolate version, your body will thank you for it.

INGREDIENTS

- 1/3 cup gluten free oats
- 1/3 cup water
- 1/3 cup almond milk
- 1 banana, chopped
- 1 date, chopped
- 1 teaspoon cacao powder
- 1 teaspoon shredded coconut
- 1 teaspoon chopped hazelnuts

INSTRUCTIONS

1. Combine oats, almond milk and water in a small saucepan and bring to a boil.

2. Reduce heat to low and add in banana, cocoa and dates.

3. Cook for 7 minutes, stirring occasionally and adding additional almond milk as necessary.

4. Place oats in bowl, sprinkle with shredded coconut and top with chopped hazelnuts.

Bonus: Using a well ripened banana and letting the oats cook slightly longer than usual gives this breakfast the delicious sweet chocolate flavour ☺

SERVES
1 PERSON

PREP TIME
3 MIN

COOK TIME
7 MIN

TOTAL TIME
10 MIN

NUTRITIONAL INFORMATION

364 KCAL
8.9G PROTEIN
7G FAT
64G CARBS
11G FIBRE

Health Concepts
GO WITH YOUR GUT

WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE