

Chocolate Peanut Butter Oatmeal

INGREDIENTS

- 1 cup rolled oats
- 2-4 tbsp unsweetened cocoa powder*
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 2 cups milk of choice*
- 2 tbsp peanut butter
- optional: 2 tsp honey, or to taste*



DIRECTIONS

Overnight version: Stir together oats, cocoa powder, and chia seeds in a medium size sauce pan. Add vanilla and milk, and whisk together. Leave in the fridge overnight. The next morning, heat on stove top over medium-high heat until oatmeal is to your desired thickness. Serve with a dollop of peanut butter on top and dig in!

Microwave version: Combine oats, cocoa, and chia seeds in a microwave safe bowl. Whisk in vanilla and half of the milk. (This helps avoid spills.) Add other half of milk, and microwave on high for 2-3 minutes. Let oatmeal cool for 1-2 minutes (which allows the soluble fiber of the chia and oatmeal to thicken). Top with peanut butter and dig in!

NOTES

- Add cocoa powder to taste. I love dark chocolate, so I add a lot to mine. However, my husband prefers a sweeter chocolate, so I add less for him. I also like how more cocoa makes the oatmeal more chocolaty in color.
- I have used unsweetened soy milk, unsweetened almond milk, vanilla soy milk, and even regular cow's milk (for those can drink it), and it all works.
- Add more or less honey or another sweetener to taste. This will depend on the kind of milk you use as well as how dark you like your chocolate.

Created by Kat at Kat's Health Corner

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