

BANANA CHIA CHOCOLATE OATMEAL



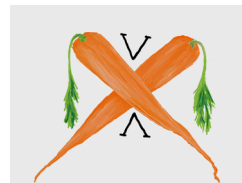
SERVES: 2-3

PREP TIME: 5 MINS

COOK TIME: 8 MINS

TOTAL TIME: 13 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1 cup rolled oats

3 cups liquid (water or non-dairy
milk, such as almond milk)

1 large banana, sliced

1 TBSP chia seeds

2 TBSP unsweetened cocoa powder

2 TBSP date sugar

1 tsp cinnamon

Recommended toppings:
blueberries, sliced banana, almond
or peanut butter, drizzle of maple
syrup, and/or granola

METHOD

Place all ingredients in a medium saucepan. Be sure you have room for the oats to increase in size! Place over medium-high heat, stirring well.

Bring to a low boil, reduce heat, only slightly, to medium*. Continue stirring continually for 7-8 minutes, or until the liquid is absorbed.

Remove from heat and spoon into bowls. Add desired toppings. This will make 2 large servings, or 3 smaller servings.

It also refrigerates well and can be eaten cold or reheated with a splash of almond milk!

NOTES:

Cooking note: Be sure to keep the oatmeal at medium heat, bubbling at a low boil throughout the cooking process. This will ensure all the liquid is absorbed within 7-8 minutes!

NUTRITION:

Serving Size: 1/3 of recipe Total Calories: 217 Total Fat: 5 g

Sodium: 81 mg Potassium: 353mg Total Carbohydrate: 39 g

Fiber: 8 g Sugar: 10 g Protein: 7 g

Vitamin A: 6% Vitamin C: 7% Calcium: 29% Iron: 14% (Percent Daily Value)