

## CHOCOLATE LOVERS' OATMEAL

### INGREDIENTS

1 ¼ cups water  
¼ cup Coach Oats® (for thicker oatmeal, add 2-3 Tbsp. more oats)  
2 Tbsp. unsweetened cocoa powder  
Your choice of sweetener: Raw sugar, Splenda, maple syrup or agave nectar.  
2% milk or almond milk

### PREPARATION

Bring water to a boil in saucepan. Once water is boiling, add Coach Oats® and lower heat to a simmer. Let simmer for 5 minutes (stirring occasionally). Add cocoa powder and mix well until lumps are gone. Stir in sweetener.

Top chocolate oatmeal with fresh fruits such as bananas, blueberries, strawberries or raisins. For an additional treat, sprinkle with chopped almonds and/or toasted grated coconut.

Optional: Stir in peanut butter and/or quick dissolving whey protein for extra protein.

To finish it up, pour desired amount of 2% milk or almond milk over oatmeal.

\*Recipe adapted from [Linda Ikeda](#)

