



# CHOCOLATE PEANUT BUTTER & BANANA OATS

## Ingredients

- 1 cup large flake oats
- 1/2 cup, 2 tbsp water (divided)
- 2 small bananas
- 1 tbsp ground flax seed
- 1 tbsp chia seeds
- 1 tbsp natural peanut butter
- 1 tsp cinnamon
- 1 tbsp cocoa

### **SERVINGS:**

- Serves 2

### **TOTAL TIME: 15 MIN**

- Prep: 5 min
- Cook: 10 min

## Directions

- 1) Add 1/2 cup water to a small pot and bring to a boil.
- 2) Add large flake oats and reduce to a simmer.
- 3) Mash 1 banana and add it to the oats.
- 4) Mix in ground flax seed, cinnamon, cocoa, and additional water as needed.
- 5) Simmer until thickened, stirring occasionally.
- 5) Meanwhile, mix 2 tbsp water with the chia seeds. Set aside.
- 6) Portion oats into 2 bowls and top with chia seeds, peanut butter, and banana slices.

## Nutrition Information

- Calories: 380
- Fat: 11.1g
- Protein: 11.9g
- Total Carb: 60.5g
- Fibre: 12.6g
- Net Carb: 47.9g