



Oatmeal with Chocolate and Almonds

Improves: Iron Group, Testosterone Group, Liver Enzymes Group, Inflammation Group, Platelet Group, Lipid Group, Glucose, Calcium, Magnesium, Vitamin B12, Vitamin D, Cortisol, DHEAS



Ingredient List:

- 1/2 cup rolled oats
- 1 tbsp almond butter
- 1 cup milk
- 4 tsp cocoa powder
- 1/2 banana

Recipe Directions and Serving Size

 **Prep Time:** 1 min
Cook Time: 3 min

 **Special Kitchen Tools:**

- Saucepan

Stove Top Cooking: In a small saucepan, combine the oats and milk. Heat over medium heat, stirring constantly, until the mixture is creamy and the milk has been absorbed, approximately 2 minutes.

Stir in the cocoa powder and pour the oatmeal into a serving bowl. Top with the sliced banana and serve.

Microwave Cooking: In a microwave safe bowl, combine the oats and milk. Use a bowl that is twice as tall as the oats and milk mixture. Cook on high power for approximately 2 minutes, or until the mixture is creamy and the milk has been absorbed.

Remove the bowl from the microwave and stir in the cocoa powder and almond butter. Pour the oatmeal into a serving bowl and top with sliced banana. Serve.