



Chocolate Oatmeal



Prep Time: 5 minutes Cook Time: 5-10 minutes Yield: 2 servings

INGREDIENTS

- 1 cup (81g) rolled oats
- 1 cup milk
- 1/2 cup water
- Pinch sea salt
- 2 tablespoons cocoa powder, unsweetened
- 3 tablespoons maple syrup, or 1 tablespoon honey
- 10 raspberries
- 1 tablespoon almonds, optional

VARIATIONS

- Thoroughly combine all ingredients up to the raspberries in a jar or closed container, leave in the refrigerator overnight for 'overnight' oats.

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