

## Chocolate Raspberry Oatmeal (Valentine's Day Edition)

---

### Ingredients:

- ½ cup rolled or quick cook oats.
- 1 cup of cashew/almond milk.
- ¼- ½ zucchini (optional).
- 1 cup + of frozen raspberries.
- 2 Bananas.
- 1-2 Tbsp. of cocoa powder.
- 1 Tbsp. of flaxseed.
- 1 Tbsp. of maple syrup.
- 1 Tbsp. of peanut butter.

### Directions:

- Shred the zucchini and mash 1 banana. Add these into a saucepan. Then, add in the almond milk. Use medium-high heat. Once the almond milk is boiling add in the oats and cook according to the container instructions (5-10 minutes).
- Add in half of the frozen raspberries into the mixture and stir frequently.
- Once the oats are soft, add in flaxseed and cocoa powder (turn the heat to low). Stir until everything is incorporated.
- Pour the mixture into a bowl. Top with peanut butter, maple syrup, the remaining raspberries, and a sliced banana.

### Additional Comments:

- If you don't have a plant-based milk, you can also use water.
- If you are avoiding fat, you can substitute the peanut butter for PB2 or PBFit powder.
- To make it extra sweet, you can add in coconut sugar and dairy free chocolate chips.
- You don't have to use the same toppings as me, feel free to add your favorites.



