

Raspberry Chocolate Oatmeal Bake



If you love chocolate, you will LOVE this recipe. It's so chocolatey and the raspberries add a sweet hint of flavor. We've made it with blueberries too but have found it not as tasty. We've cut in half the amount of chocolate chips recommended below. It's too chocolatey for us but others might like it. We also used a crushed, 81% dark cacao chocolate bar for the chocolate chips.

Ingredients

- 1 cup gluten-free oats
- 1 cup of milk from grass-fed cows or almond milk
- 2 medium-large bananas = 1 cup
- 1/2 cup unsweetened cacao powder
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon
- 2/3 cup organic raspberries (frozen or fresh)
- 2 tablespoons almonds or other nuts/seed (Hemp worked great!)
- 4 tablespoons of chocolate chips (optional)

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Instructions

1. Preheat oven to 350 degrees F.
2. Coat baking dish with coconut oil.
3. Mix oats and milk in a large bowl.
4. Add banana, cacao and baking powder, vanilla extract, cinnamon.
5. Mix until evenly combined and pour into baking dish.
6. Gently press in raspberries.
7. Sprinkle top with almonds, nuts or seeds.
8. Finish with optional chocolate chips.
9. Bake for 25 minutes.

Serve warm alone or with maple syrup or almond butter!

Adapted from integrativenutritionrecipes.com for Simply Made Health, LLC