



Chocolate Baked Oats

What you need

½ cup (40g) rolled oats

1 tsp. chia seeds

⅓ cup (80ml) almond milk,
unsweetened

2 tbsp. water

¼ cup (25g) chocolate whey

1 tbsp. cocoa powder

⅛ tsp. salt

¼ tsp. baking soda

What you need to do

1. Preheat the oven to 350°F (180°C). Lightly grease an oven-safe dish with oil.
2. In a bowl, combine all the ingredients and then transfer to the earlier prepared dish.
3. Place the dish in the oven and bake for 20-25 minutes. Serve hot or cold, with your favorite toppings.



Serves: 1
Prep: 5 mins
Cook: 25 mins

