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**CHOCOLATE BANANA OATMEAL**

This is inarguably the best way to start the day. A healthy fat and protein source full of vitamins and minerals plus easily-digestible carbohydrates, topped off with incredible flavors and textures, this classic oatmeal combination is the best of the best! Makes 1 medium serving.

**Ingredients:**

* 1 cup purified water
* ½ cup oatmeal
* 1 banana, chopped
* 2 Tbs. chopped walnuts
* 1 tsp. cacao or cocoa powder
* Optional: 1 tsp. date sugar, honey or maple syrup

**Method:**

1. In a bowl or travel jar, add oatmeal, cacao and optional sweetener and stir.
2. Add 1 cup boiling water to the jar/bowl.
3. Cover the jar/bowl and let sit for 5 minutes.
4. Chop banana and walnuts and stir into the jar/bowl and serve.