





Chocolate Banana Bread Baked Oatmeal:

- 1 cup rolled oats
- 3/4 cup water
- 1/2 cup plant mylk
- 2 chopped dates
- 2 to 3 tbsp coconut sugar
- 1.5 tbsp cacao powder
- 1 mashed banana
- 1 tbsp flax meal
- 1 tsp cinnamon
- (optional) 1 tsp maca powder
- 1/4 tsp nutmeg
- Coconut chips for sprinkling on top

1. Mash the banana until it becomes pasty. Mix in the spices, cacao powder, flax meal, maca powder, and coconut sugar (if you are using.)
2. Add in the chopped dates and oats and mix until completely coated.
3. Add in the water and plant mylk and stir until evenly mixed together.
4. Bake at 400°F for 40 minutes in a parchment paper lined baking dish. Cover the dish with tin/aluminum foil for 20 minutes while baking and then after 20 minutes take it off and return it to the oven for the remaining 20 minutes.