

## Chocolate Oatmeal with Peanut Butter – foodtalk4you.com

Ingredients may be swapped out, based on availability, allergies, and personal taste.

The handy part is to prepare more than you need, storing the leftover *gruel* in a loaf pan, covering, and refrigerating. Oatmeal will hold its shape so you can slice it the next day and reheat it in a sauté pan coated with a little butter.

Cook until a slight crust forms and flip to heat the other side. “Fried” oatmeal – what could be better?

### **Today’s concept recipe included:**

1 cup Gluten-Free rolled oats

1 cup Steel-cut oats

4 tablespoons Chia Seeds

1 cup Quinoa flakes

1/3 – 1/2 cup Peanut butter

Less than 3 tablespoons of light brown sugar for this triple batch of gruel

Dash of salt

1 cup Almond milk

Vanilla

3-4 cups Water

**Optional:** chopped dry-roasted peanuts

I mixed the dry ingredients in the pot and added the peanut butter and fluids. Heat over medium heat, stirring to incorporate the peanut butter as it melts. Reduce to simmer, stirring occasionally.

Serve with coarsely chopped, dry-roasted peanuts on top, if desired.