Chocolate Banana Date Oatmeal

SERVINGS

COOKING TIME

2

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Ingredients

- 1 3/4 c water
- 1 cup [Quaker® Oats (quick or old fashioned, uncooked)](#) - you can also use Quaker Instant Oatmeal if that's what you have on hand
- 2 tbsp cocoa powder
- 1/2 tsp vanilla extract
- Pinch of salt (1/8 tsp)
- 1 banana, halved with one half mashed and the other cut into slices
- 1/4 c dates, chopped
- 2 tbsp cashew butter, or your preferred nut butter
- 2 tbsp unsweetened coconut chips, or coconut flakes if you have that on hand

Cooking Instructions

1. First, boil the water in a medium-sized saucepan over medium heat. Then, we'll stir in the oats, cocoa powder, vanilla, salt, the 1/2 mashed banana, and dates.
2. Cook this for 5 minutes stirring occasionally until the dates have softened and the banana is mixed through.
3. When that's done, remove from the heat and divide into two bowls. Top each bowl with the banana slices, cashew butter and coconut chips.