

Recipe | Healthy Chocolate Oatmeal | Packed with Essential Fats

3 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ATASWAXYHWW](https://www.youtube.com/watch?v=ATASWAXYHWW)

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SUMMARY

This video presents a healthy chocolate oatmeal recipe perfect for winter mornings, aimed at encouraging nutritious eating after holiday indulgences. The dish combines rolled oats, cocoa powder, and seasonal fruits, making it appealing to both kids and adults.

- *Start with half a cup of milk and add two tablespoons of rolled oats.*
- *Incorporate half a teaspoon of unsweetened cocoa powder and a natural sweetener.*
- *Cook the oats for about 10 minutes until fully prepared.*
- *Top with seasonal fruits like strawberries, bananas, or cherries, along with coconut flakes and chia seeds for added nutrition.*
- *Finish with slivered almonds for texture and flavor.*
- *The recipe is versatile; it can also be blended into a smoothie for a quick option.*
- *Emphasizes the enjoyment of chocolate in a healthy way, suitable for all ages.*
- *Encourages viewers to subscribe for more healthy recipes and DIY ideas.*

uh hey guys so i'm sure all of you guys are back from your holidays and are looking for some healthy nutritious foods to fill up your meal plans and that's just what we have because i know every time we come back from holiday we want to give up all our favorite things go off sugar go on a healthy diet and all that stuff but those resolutions get broken in no time so today i'm sharing with you

one of our family favorites is just chocolate it's healthy it's local food and of course more importantly it's the perfect recipe for a cold winter morning so let's get started take half a cup of regular milk add in two spoons of rolled oats now two spoons can make a portion for a child add two spoons for an individual portion add half a teaspoon of raw cocoa

powder that is unsweetened a half a teaspoon of sugar light that is 100 natural and 50 calories stir all of them together let your oats cook completely rolled oats often take up to 10 minutes to cook

once the oats are cooked pour them into your serving bowl now top it with your seasonal fruit here we're using strawberries because they go very very well with chocolate and it just gets the kids eating right

away but you can try bananas or apple or cherries or raspberries whatever works for you then i'm gonna give it a break with coconut flakes now coconut flakes are extremely rich in essential fats and they do wonders to you

during the winter season adding back the essential oils that are lost then we're going to take another break with adding some chia seeds which are very high in omega-3 and if your kids are not very comfortable with chia season this might

be a great time to start because thick and then lastly we're going to line it with some slivered almonds and of course make sure you leave enough visibility for the chocolate oatmeal to be seen because the chocolate is definitely going to get the kids to lap it up in no time and i'm sure you're going to enjoy this hearty meal on a cold winter morning okay guys our chocolate oatmeal is looking delicious and the strawberries are very very tempting if you are

running short of time you can blend this all on the go into a smoothie and that works and tastes absolutely fine as well but now is the truth test right i'm gonna dig in and tell you guys how delicious does this taste this is so cool amazing you're never too old for chocolate and strawberry and healthy for more recipes conversation diys for kids don't forget to subscribe to our

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