

Mocha Oatmeal

Serves one

Ingredients

- 1/3 cup rolled oats
- 1/3 cup water
- 1/3 cup freshly-brewed coffee, cooled
- 2 tsp. unsweetened cocoa powder
- 2 tsp. agave nectar
- 2 tsp. almond or peanut butter



Directions

- 1) In a soup bowl, stir together all ingredients. Cover with a plate (so the oatmeal doesn't bubble over) and microwave on high for 1 minute and 20 seconds. Take off the plate and microwave for another 20-30 seconds (watch it closely though—turn away for 5 seconds and you could have a mess in your microwave!)
- 2) Let cool for a few minutes and enjoy!