



ENERGIZING CACAO OATMEAL

10 minutes | serves 1

INGREDIENTS

1/3 cup | 35 gr. organic rolled oats (choose gluten free if intolerant)
2 tbsp **Buddha's Awakening Cacao Hit** (from Iswari)
1 tbsp maple syrup
2/3 cup + 2 tbsp | 190 ml. organic oat milk
1/2 tsp raw cacao powder
1/2 tsp guarana powder

1 tbsp activated buckwheat

TOP WITH

fresh berries
activated buckwheat
desiccated coconut
cacao nibs
date syrup

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Mix all the ingredients except for the activated buckwheat in a small saucepan or pot and gently heat it up to a simmer.
2. Stir while it cooks for 3-7 minutes, depending on how thick you like your oatmeal.
3. Remove from heat and mix in the activated buckwheat for extra crunch.
4. Pour onto a bowl and top with your favourite ingredients.
5. Serve and enjoy while it's still warm.



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