



COCOA INSTANT OATMEAL

YIELDS: YIELD 1.3KG DRY MIX

Chocolate for breakfast, yes please! Our Morning Rush Cocoa Instant Oat Cereal has all the deliciousness of chocolate but the benefit of not being too sweet. It is also packed full of antioxidants which help to fight those nasty disease-causing free radicals that run around our bodies. Make up a nice big batch of this mix and store in a sealed airtight container to save time in the mornings. To start your day off right simply add one-part dry mix to your bowl along with one part boiling water (or hot milk). Stir and let it sit for 1 minute. Top with your favourite toppings and enjoy. Fresh berries go really well with the cocoa.



Ingredients

- 6 $\frac{3}{4}$ cups Anita's Organic Quick Oats
- $\frac{1}{4}$ cup + 2 tbsp. brown sugar
- 4 tsp cinnamon
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ cup + 2 tbsp cocoa powder
- $\frac{1}{4}$ cup + 2 tbsp cocoa nibs (not chocolate chips)
- $\frac{1}{4}$ cup + 2 tbsp millet kernels
- $\frac{1}{4}$ cup + 2 tbsp amaranth kernels (or more millet)
- $\frac{1}{4}$ cup + 2 tbsp whole flax seed
- $\frac{1}{4}$ cup + 2 tbsp walnuts, chopped
- $\frac{1}{4}$ cup + 2 tbsp pecans, chopped

Instructions

1. Add all the ingredients to a large bowl and stir well until evenly mixed.

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