



Dark Chocolate Almond Oatmeal



Profile Exchange values: 1 Meal Replacement, 1 Free Food, and 1 Fat

Ingredients:

- 1 Packet Profile Maple and Brown Sugar Oatmeal
- 1 tsp dark chocolate or regular cocoa powder
- 1 packet or 1 tsp stevia
- 1 pinch of sea salt (optional)
- ½ cup unsweetened vanilla almond milk
- 2 Tbsp water
- 1 Tbsp slivered almonds

Directions:

1. Combine ingredients in a microwave safe bowl and mix well. Microwave for 30 seconds at a time until it reaches the desired consistency.