**Chocolate Banana Oatmeal**

*This recipe is decadently delicious and great for you. It is my breakfast of choice on a chilly winter morning. Kids will love it too*.

**Ingredients   
A single serving of quick cooking steel cut oats. (now available in a few brands from the standard grocer)  
½ large ripe banana or 1 small banana  
2 tsp smooth peanut butter or almond butter  
2 heaping tbsp of Greek plain non-fat yogurt  
1 tbsp cocoa powder  
Dash or two of cinnamon (optional)**

**Instructions  
Prepare the oatmeal according to package instructions. (I use the microwave.) Add the banana and use the back of a fork to mash it up and then stir it into the oatmeal. Add the remaining ingredients and stir until well blended. You can pop it back into the microwave if you want it hotter. Feel free to add any other fruit or to top it with some nuts, wheat germ, hemp kernels or ground flax. The banana, nut butter, and cocoa powder are essential though – together they create a flavor combination that will give your taste buds a real treat.**