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## Cookie Bowl Oatmeal (FP)

*Cookie Bowl Oatmeal received it's title because we think it tastes like "No Bake Cookies"! Pearl shares... "It is a fantastic breakfast that you only have to pull out of the refrigerator in the morning. Prepared the night before and all you have to do the next morning is grab it from the fridge and dig in. This recipe is a great Fuel Pull breakfast and can be used to help shed those stubborn pounds, plus it tastes really good!!" This is found on pages 232-234 of the original Trim Healthy Mama book!*

Serving Size: Single-serve

### **INGREDIENTS:**

- 1.75 cup water (divided)
- 1/4 cup oats
- pinch mineral salt
- 1/4 cup unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder (heaping)
- 1/2 tsp THM Glucomannan ("gluicce")
- 3 tsp THM Super Sweet Blend (3-4 tsps THM Sweet Blend or 3-4 doonks THM Pure Stevia Extract Powder)
- 1 Tbsp THM Peanut Flour (or 3/4 to 1 tsp natural peanut butter)
- 1/2 Tbsp chia seeds

### **INSTRUCTIONS:**

1. Put 1 cup water into a small saucepan and bring to a boil.
2. Add 1/4 cup oats and a pinch of mineral salt. Simmer oats for two minutes.
3. While oats are simmering, put 3/4 cup water, 1/4 cup unsweetened almond milk, 1 heaping tablespoon unsweetened cocoa powder, and 1/2 teaspoon glucomannan in a blender. Blend for 30 seconds.
4. Take oats off heat and add contents of the blender to the saucepan.
5. Add 3-4 teaspoons THM Super Sweet Blend (or 3-4 doonks THM Pure Stevia Extract Powder) and 1 tablespoon defatted peanut flour (or 3/4 - 1 teaspoon peanut butter). Whisk well.
6. Add 1/2 tablespoon chia seeds. Whisk again.
7. Pour into a large cereal bowl. Cover and refrigerate overnight. You may reheat in the morning, if desired.

This and other delicious THM recipes can be found at  
[www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)