
Oatmeal Brownie Porridge

Ingredients:

- ⅔ cup rolled oats
- 1 can (14oz) black beans, drained and rinsed
- 1 TBS ground flax
- ½ cup unsalted, creamy peanut butter
- ⅓ cup of maple syrup
- ¼ cup unsweetened, organic cocoa powder
- ½ tsp baking soda
- ½ tsp baking powder
- 2 squares of 90% or 95% chocolate bar
- approximately 1 cup of unsweetened almond milk
- optional: desiccated shredded coconut as a topping

Directions:

- Preheat oven to 350 degrees.
- Lightly grease 3 large 8" ramekins (or use smaller ramekins to make a larger #)
- Blend all of the ingredients EXCEPT the chocolate pieces and almond milk in a food processor until fairly smooth. The oats will not blend and that's okay.
- Chop the chocolate into small pieces and stir or press them into the batter. The batter will be very thick.
- Divide the batter equally into your ramekins and position them on a baking tray.
- Pour ¼ cup of milk over each dish so that the brownie batter is sitting in a little bath of milk.
- If using, add desiccated coconut pieces atop each.
- Set in the oven and cook for 15-18 minutes. You do *not* need to test the result with a toothpick. You simply want the batter to have puffed up a little and for the milk to have mostly been absorbed.
- Serve warm with a small glass of additional almond milk.