



## Chocolate Banana Cauliflower N'Oats

1 serving  
20 minutes

### Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

### Nutrition

Amount per serving	
Calories	457
Fat	30g
Carbs	38g
Fiber	15g
Sugar	13g
Protein	16g
Cholesterol	0mg
Sodium	443mg
Vitamin A	412IU
Vitamin C	5mg
Calcium	491mg
Iron	4mg

### Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Nut-Free:** Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

**More Flavor:** Add cinnamon or maple syrup.

**More Protein:** Add collagen or protein powder.

**No Cacao Powder:** Use cocoa powder instead.

**No Banana:** Top with berries instead.