

🍴 FEEL-GOOD CHOCOLATE PORRIDGE 🍴

Prep Time: 10 min | **Cook Time:** 5 min | **Servings:** 1 | **Difficulty:** Easy | **Diet:** Vegetarian/High fiber



Ingredients

- 40–50 g Rolled oats (or a mix of rice and buckwheat flakes for a gluten-free version)
- 190 ml Water or 95 ml water + 95 ml unsweetened plant-based milk (almond, soy or oat)
- 1 tsp Unsweetened cocoa powder
- 1 Small bunch fresh grapes (about 100 g)
- 1–2 Squares dark chocolate (at least 80% cacao)
- A pinch of cinnamon or natural vanilla (optional)
- Natural sweetener (optional)
- Chia or ground flaxseeds for extra fiber and omega-3s (optional)

How to make step by step

1 - Heat the liquid

- In a small saucepan, bring the plant-based milk and water to a gentle simmer

2 - Cook the oats

- Add the rolled oats (or cereal mix) and stir well
- Reduce the heat and cook for 5 minutes, stirring occasionally, until creamy

3 - Add the cocoa

- Stir in the cocoa powder until fully blended
- If the mixture becomes too thick, add a splash of warm water or plant-based milk to reach your desired texture

4 - Prepare the toppings

- Wash the grapes, cut them in half, and remove any seeds
- Roughly chop the dark chocolate

5 - Assemble the bowl

- Pour the porridge into a bowl
- Top with the grapes and scatter the dark chocolate pieces on top
- The heat from the porridge will slightly melt the chocolate, creating a creamy and indulgent finish

6 - Serve and enjoy

- Sprinkle with cinnamon or add chia seeds for extra fiber and texture

👉 Video recipe: <https://www.youtube.com/shorts/4DY3qb05i4>

💡 Tips & Variations

✓ Nutritional Tip:

- Grapes are rich in antioxidants (resveratrol) and natural sugars — perfect for morning energy
- Dark chocolate (80%+) provides magnesium and polyphenols to support mood and focus
- Whole-grain oats release energy slowly, keeping blood sugar levels stable
- Use unsweetened plant-based milk to avoid added sugars and keep the recipe balanced