

High-Protein Chocolate Coconut Tahini Oats



If you're craving a high-protein, high-fiber oatmeal with a rich, complex taste, this recipe is for you. Made with simple, wholesome ingredients like oats, coconut flakes, cacao, and tahini, this hearty bowl provides long-lasting energy and satisfaction.

Preparation 5 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 490

Fat 20

Carbohydrates 49

Fibre 15

Protein 29

Sodium 200

Ingredients

- 160 ml (? cup) rolled oats
- 60 ml (¼ cup) chia seeds
- 45 ml (3 tbsp) cacao powder
- 10 ml (2 tsp) sweetener of choice (brown sugar, honey, maple syrup, etc.)
- 500 ml (2 cups) high-protein milk (such as NatrelPlus 2% milk)

- 15 ml (1 tbsp) unsweetened shredded coconut
- 15 ml (1 tbsp) pumpkin seeds
- A pinch of flaky sea salt (optional)

Preparation

1. In a medium pot, combine oats, chia seeds, cacao powder and milk.
2. Heat over medium heat until it begins to boil. Reduce to a simmer and cook for 5-10 minutes, stirring occasionally, until the oats are soft. Adjust with water as needed to reach your desired consistency.
3. Divide into two bowls. Garnish with tahini, shredded coconut, pumpkin seeds, and a pinch of flaky sea salt, if desired.

Notes

Store in an airtight container in the refrigerator for up to 4 days or freeze for up to 3 months.

To reheat, add a splash of milk or water and microwave on high for 1-2 minutes, stirring halfway through.



Sophie Idris – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal