Cherry Oats

Ingredients:

1 cup of oats
¼ cup dried tart cherries
½ cup of all-natural peanut butter or almond butter
3 Tablespoons honey
¼ cup dark chocolate chips
1 tsp vanilla

Optional added ingredients: nuts, coconut, ground flax, 1 scoop protein powder, dried fruit, chia seeds, spices, etc.

Directions:

1. Mix ingredients together in a bowl.
2. Fill soufflé cups and freeze for 30 minutes.

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