Cocoa Yogurt and Peanut Oat Cups

2 substantial yogurt-and-oat snack cups, each half the complete mixture · Active 20 min · Total 40 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 1 3/4 cups plain nonfat Greek yogurt (400 g)
- 3/4 cup ordinary rolled oats (60 g dry)
- 2 tablespoons smooth unsalted peanut butter (32 g)
- 2 tablespoons ordinary unsweetened cocoa powder (10 g)
- 4 teaspoons granulated sugar (16 g)

Set out

Small dry skillet, Spoon or heatproof spatula, Clean cooling plate, Mixing bowl and whisk, Kitchen scale, 2 serving cups of at least 1 1/2 cups/350 ml capacity

Allergens

Milk, Peanuts; check oats for processing-related gluten and other allergens. Check labels and substitutions.

Make it

1. Toast dry oats in the skillet over medium-low heat for 6–8 minutes, stirring frequently, until lightly golden and nutty-smelling. Spread on the clean plate and cool completely, about 15 minutes; do not add oil.

2. Whisk peanut butter with about 2 tablespoons of the measured yogurt in the bowl until smooth. Whisk in cocoa and sugar, scraping down any dry powder, then add the remaining yogurt and mix evenly.

3. Divide the cocoa yogurt and completely cooled oats equally between 2 cups, making alternating layers or spooning the oats over the top. Use all ingredients across the 2 portions. Eat immediately for contrast, or keep the oats separate until serving.

A useful kitchen skill

Cool a toasted dry ingredient completely, then disperse a thick paste in a small amount of dairy before combining the full bowl.

A useful detail

Allow 40 minutes for toasting, complete oat cooling and assembly; mixing can happen while the oats cool. This is a two-portion snack recipe, with no fruit, chocolate pieces or extra nut topping included.

Keep it well

Refrigerate yogurt mixture promptly at 40°F/4°C or below and use within 2 days, or sooner if the yogurt has an earlier limit. Keep cooled oats separately in a clean airtight container and assemble near serving. During transport keep the yogurt cold; discard if out of refrigeration for more than 2 hours, or 1 hour above 90°F/32°C. Freezing the assembled cups gives a grainier texture and is not recommended.