

Baked Oats



PREP TIME:

10 min



TOTAL TIME:

30 min



SERVINGS:

1

INGREDIENTS:

- 1 banana
- 1/2 cup oats
- 1/4 tsp baking powder
- 1 egg
- Splash of milk or water
- 1/2 teaspoon salt

Method:

- Preheat the oven to 180 degrees
- Put all ingredients together in a blender
- The Mixture should be a smoothie-like texture
- Line an oven-safe bowl with baking paper or grease it with oil or butter
- Cook in the oven for around 15-20 mins, you can check this by poke it in the middle with a knife and it comes out clean
- Once cooked, you can top it with any toppings e.g., Yoghurt, fruit, cinnamon, or dark chocolate

Vegetarian friendly

