

Banana Bread

Baked Oats



Prep

5 min

Cook

25 min

Ready in

30 min

Ingredients

- 40g oats
- 1/2 tbsp cinnamon
- 1/2 tsp baking powder
- 20g banana, vanilla or cinnamon protein powder
- 45g egg whites
- 150ml coconut or almond milk
- Sugar free vanilla drops
- 50g sliced very ripe banana

Directions

1. Preheat oven to 180c.
2. In a jug mix together dry ingredients (oats, protein powder, cinnamon & baking powder).
3. Add egg whites, milk & vanilla drops & stir thoroughly.
4. Pour into a small ovenproof dish & push in sliced banana pieces evenly throughout.
4. Bake in oven for 25 minutes. Tip: This dish is best if you allow it to cool for 5 minutes before eating.

Optional toppings (pictured) yoghurt, more sliced banana, sugar free caramel syrup or even custard!

Macros:

Per serving:
364kcal / 37g protein / 34g carbs / 9g fat

