

Baked Oats



Ingredients (serves 1):

- 20g oats
- 1 small banana
- 120ml almond/cashew milk
- 1 tbsp maple syrup
- 2 tsp chia seeds
- 1 tsp baking powder
- Pinch of sea salt
- 40g / 4 squares dark chocolate, cut into small chunks

To Make:

1. Blend the oats in a blender to break down the consistency of the oat (30 to 40 secs)
2. Add the milk, banana, maple syrup, baking powder and salt into the blender and blend for 10-20 seconds until combined.
3. Grease a small bowl with melted coconut oil. Remember, the mixture WILL RISE during baking so be sure to use a bowl which is large enough.
4. Pour the batter into the bowl.
5. Place the dark chocolate pieces onto the top of the oat mixture. With your fingers, press them down slightly into the mixture so they are submerged.
6. Microwave for 2 minutes. (You can also bake in the oven at 180C/360F for 20 mins)
7. Let it cool for a few minutes then add any topping of your choice such as blueberries or banana slices.