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BAKED BANANA BERRY OATS

These baked oats make a lovely warm breakfast, or can be prepped in advance for a grab and go breakfast or snack straight out of the fridge. To increase protein, add a scoop of vanilla protein powder. For additional nutrients, you could also top with fresh berries of choice (not included in nutritional information).

10 minutes
35 minutes
4 portions

INGREDIENTS

- 3 overripe bananas
- 120 grams of rolled oats
- 2 tablespoons of ground flaxseed
- 1 teaspoon of cinnamon
- 1 teaspoon of baking powder
- 360 mls of soya milk
- 250 grams of frozen raspberries
- 40 grams of chopped walnuts
- 2 tablespoons of avocado oil

COOKING METHOD

- 1° Preheat the oven to 180°C [Gas Mark 4]. Mash 2 of the bananas in a bowl. Add in the soy milk, ground flaxseed, and avocado oil and mix well to combine.
- 2° Top this wet mixture with the oats, baking powder and cinnamon and mix well. Gently fold in the raspberries and walnuts.
- 3° Pour the mixture into a square 8x8 inch [20x20cm] baking tin lined with parchment paper and spread the out mixture. Slice the remaining banana into long thin strips and place on top of the uncooked oat mixture. Place the tin into the oven and bake for 30 minutes.
- 4° Slice into 4 portions and serve the oats hot or store in the fridge for a quick grab and go breakfast oat bar or snack.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (252 g)	% DRI
ENERGY	144 kcal	362 kcal	18 %
PROTEIN	4 g	9 g	18 %
CARBOHYDRATE	16 g	41 g	16 %
SUGARS	5 g	13 g	15 %
FAT	8 g	20 g	28 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
FIBER	3 g	7 g	30 %
SODIUM	49 mg	123 mg	5 %