



BAKED OATS

A baked oats recipe that is actually tasty with a touch of dark chocolate and added fibre.

 10 minutes

 25 minutes

 1 portion

INGREDIENTS

- 1/2 average portion with cereals of milk, semi-skimmed, pasteurised, average [50 g]
- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 50 grams of oats
- 1 tbsp of syrups, maple [20 g]
- 1 level teaspoon of baking powder [4 g]
- 1 tbsp, whole of seeds, flaxseed [10 g]
- 1 large unit of egg, white, raw, fresh [33 g]
- 5 grams of chocolate, dark, 45- 59% cacao solids

COOKING METHOD

- 1° Put all ingredients except the chocolate chips weighed into a blender and blend.
- 2° Pour the mixture into a baking dish and put the chocolate chips on top.
- 3° Cook for around 15 minutes until the top is golden at 180 degrees.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [290 g]	% DRI
ENERGY	166 kcal	481 kcal	24 %
PROTEIN	6 g	17 g	35 %
CARBOHYDRATE	29 g	84 g	32 %
SUGARS	11 g	32 g	35 %
FAT	4 g	11 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
FIBER	4 g	12 g	46 %
SODIUM	192 mg	557 mg	23 %