



BAKED OATS WITH NUTELLA

 10 minutes

 25 minutes

 2 portions

INGREDIENTS

- 45 grams of porridge oats, unfortified
- 1/2 small unit of bananas, flesh only (40 g)
- 6 grams of agave Nectar
- 1 small unit of egg, whole, raw, fresh (38 g) **or** 1 portion of FLAX EGGS (38 g)
- 1 level teaspoon of baking powder (4 g)
- 1 level teaspoon of salt (5 g)
- 10 grams of whey Protein **or** 10 grams of soy Protein
- 120 grams of milk, soya, non-dairy alternative to milk, unsweetened, fortified
- 15 grams of HOMEMADE NUTELLA
- 3 grams of cocoa Nibs
- 20 grams of dark Chocolate > 70% Cocoa

COOKING METHOD

- 1° Add all ingredients except for the nutella and cocoa nibs into a blender and blend until fully combined.
- 2° Add half of the mixture to an oven-safe pan or bowl. Add nutella to center of the mixture and then cover with the remaining mixture. Top with cocoa nibs.
- 3° Bake the mixture for 12-15 minutes at 180 °C.
- 4° Remove from the oven and let it cool for 5-7 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (145 g)	% DRI
ENERGY	174 kcal	253 kcal	13 %
PROTEIN	8 g	12 g	25 %
CARBOHYDRATE	18 g	26 g	10 %
SUGARS	5 g	7 g	7 %
FAT	8 g	12 g	16 %
FATTY ACIDS, TOTAL SATURATED	3 g	4 g	20 %
FIBER	8 g	11 g	45 %
SODIUM	866 mg	1260 mg	53 %